

Class/Instructor Descriptions:

Beverly Duda: Embodiyoga with Beverly. All classes are mixed levels with the ability to meet student's needs. Beverly's classes are fun, energetic, & inquisitive. Her use of metaphors, humor, & embodied anatomy gives students much to learn & play with on & off their mat. Beverly's Yoga Club is \$80.00 a month and \$14.00 for drop-ins. Contact her at yogabev@yahoo.com 774-262-3662 your body will Thank You! Senior Yoga class is offered M, W and F at Listening and Tues and Thurs at the Barre Senior Center, all classes are open to all levels.

Roberta Lewis: Roberta's yoga classes offer poses for a mix of levels, beginner to intermediate. Bringing mindfulness to our yoga movements, the classes are both refreshing & stimulating to the body as well as relaxing & settling. Roberta's yoga class is based in the Integral Yoga tradition & Jon Kabat-Zinn's Mindfulness Based Stress Reduction Program. Cost: \$80.00/8 classes, Barre residents \$50.00. Drop-ins welcome. 978-257-6017.

Tesha Ward: All classes are tailored to the student, beginners and advanced will easily fit into any class. This class is more of a fitness style class. We work on strength, flexibility & balance. Drop-ins are welcome at \$15.00, 5 class punch cards available for \$50.00. If you have questions please contact Tesha at teshajoeward@gmail.com

Elizabeth Garrett: In Slow Flow Yoga, students are invited to cultivate a sense of well-being and self-acceptance through the practice of Yoga. Students will move through a sequence of poses designed to warm, strengthen and bring a sense of deeper inner awareness. Yoga props and modifications are made available to all students. 5 class cards can be purchased for \$50. Drop-ins are \$14. Elizabeth can be contacted at elizabeth9@gmail.com
Call/text 508-736-7577

Loren Magruder: Classes will meet each individual where they are at, while also challenging them to fully inhabit their bodies as they are given anatomical tools to strengthen their cores and increase their flexibility; and the "heartfulness" tools of inquiry, affirmation and compassion to understand the patterns of thought and emotions flowing through them. A suggested fee of \$10-20 is requested. For questions or to contact Loren, people can email her or call her at lorenmagruder@yahoo.com or 802-683-8383.

Marlon Barrios Solano: Body-fulness: Embodied Relational Mindfulness Practice This class offers mindfulness in motion in a safe, comprehensive and dynamic space to increase embodied awareness, the joy of movement and a flexible steadiness of mind. Using contemplative and playful sensory-motor activities, guided sitting, standing, and walking meditation, and conversations, we will explore the healing and caring qualities of somatic awareness and the vibrancy of the body's sensations in order to cultivate spaciousness and connectedness. These classes are geared to cultivate a spacious embodied awareness as a resource for resiliency, emotional self-regulation, kindness and vitality. These sessions are informed by buddhist psychology, movement arts, somatics, interpersonal neurobiology and cultural studies. All levels and abilities welcome, wear comfortable clothing. Yoga mats, meditation cushions and chairs are provided. Suggested donation: \$15 For questions or to contact Marlon, people can email him at marlonb@unstablelandscape.net

Karate with Brad Warren: Goju-Ryu is one of the major styles of Japanese Karate and is widely practiced all over the world. It is well known for its strong self-defense and its character building qualities. The training features two types of meditation; one is practiced while sitting (zazen), and the other while moving (taizen). Specialized breathing methods are taught. Emphasis is on uniting body, breath, and mind into a single cohesive unit. Traditional Goju-Ryu Karate is practiced as a way of life, with physical and mental benefits that continue well into old age. The training is flexible in nature and allows you to learn at your own pace. Classes are available for both adults and children. The instructor, Brad Warren, has been teaching Goju-Ryu Karate for over 40 years. Brad can be reached at gojuryukarate@aol.com or 978-355-6196

Listening Wellness Center 35 South Street Barre, MA 01005 Phone: 978-355-3501 Yoga Studio located at 28 James Street Barre, MA