

Effective 3/1/26



March 2026 Classes
DANCE STUDIO 2
1203 N. Pebble Beach Blvd.



Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 9:15a.m. Fun Flow <i>with Sue</i>	8:00 - 9:15a.m. Mindful Yoga <i>with Christy</i>	11:00 a.m. - 12:15p.m. Chair Yoga <i>with Debbie</i>	8:00 - 9:15a.m. Mindful Yoga <i>with Christy</i>	8:00 - 9:15a.m. Fun Flow <i>with Sue</i>
10:00 - 11:00a.m. Soul Flow <i>with Leyla</i>	1:00 - 2:15p.m. Yin & Sound Meditation <i>with Diane</i>	1:00 - 2:15p.m. Gentle Yoga <i>with Teri</i>	10:00 – 11:15a.m. Chair Yoga <i>with Vicki</i>	11:00 a.m. - 12:15p.m. Chair Yoga <i>with Debbie</i>
	<i>PLEASE NOTE: Leyla's Wednesday class will return to DANCE STUDIO 2 in March!</i>	4:00 – 5:00p.m. Unwind & Align <i>with Leyla</i> Dance Studio 2		

Cost: *First Class FREE (You must present your CA or KP badge); then \$30 Annual Club membership, plus \$15 per month for unlimited classes. (Please pay with a check made payable to: SCC Yoga Club)*

Website: sccyogaclub.uplifterinc.com

More Information: Call Debbie Carlson, 847-848-7338 or Robin Welser, 484-515-5772

Please Note: Have physician approval or accept full responsibility for any health problems.



SCC Yoga Club Class Descriptions



Fun Flow *with Sue*

This class offers a blend of exercises and poses to improve strength, flexibility as well as balance with emphasis on breathing, alignment and body awareness. Modifications are offered to tone it down for beginners or take it up a notch for students with more experience. We practice bringing the pose to your body, not your body to a pose. Props are encouraged. See you on the mat!

Soul Flow *with Leyla*

Immerse yourself in the gentle, yet invigorating rhythm of this class, where each movement is guided by the breath, inviting you to explore the natural flow of your body. Building on foundational poses, this class introduces more physically energizing sequences, including balance poses, backbends, and creative transitions, making for a beautiful blend of mindfulness, strength, and flexibility, designed to nurture both your physical body and your inner calm. This class encourages you to connect deeply with your body while moving through a series of postures that are linked together in a continuous flow. Whether you're a beginner or an experienced yogi, this class offers modifications and variations to suit your personal practice and support your individual journey.

Mindful Yoga *with Christy*

This class integrates Yoga Basics and ancient practices designed to help the body move mindfully and safely. We begin with opportunities to “oil the joints”, find our breath and wake up the flow of energy. Rather than moving through a flow on one breath, we move into our expression of a posture, sensing and feeling, and finding ourselves through it. We seek just the right “ah-ha” expression within ourselves.

Gentle Yoga *with Teri*

Enjoy an early afternoon class with an experienced yoga instructor/trainer who will encourage you to bring mindfulness and self-compassion to your mat. This means utilizing time-proven breathing techniques, centering, gentle stretches, using props for better alignment and sustaining some poses for a few breaths to support bone health, joint ease, and overall muscle balance. For people considering a move from a chair to a mat class, this is a good choice.

Yin & Sound Meditation *with Diane*

Yin Yoga targets the connective tissues, such as the fascia, ligaments and joints of the body that normally are not exercised very much in a more active style of asana practice. The connective tissue of the hips, pelvis and lower spine are the main focus. Connective tissues resist brief stresses but slowly change when a moderate stress is maintained for 1 – 3 minutes. Enjoy the “Sound Meditation” of crystal singing bowls performed by Diane during half of the Yin class. *This class is performed entirely on the floor.*

Unwind & Align *with Leyla*

Step onto your mat and let the day melt away in this grounding yoga flow. This class is ideal for anyone seeking to further their yoga practice, explore poses, improve strength and flexibility, reconnect inward, and cultivate a sense of inner calm. Expect to build gentle heat, explore functional alignment through different postures, and finish with restorative movement and deep stretching. Come to recalibrate. Leave feeling rooted, open, and restored. Whether you're a beginner or an experienced yogi, this class offers modifications and variations to suit your personal practice and support your individual journey.

Chair Yoga *with Debbie (Wednesday & Friday)*

Chair Yoga *with Vicki (Thursday)*

This class includes the many benefits of yoga while enjoying the support of a chair. The majority of the poses will take place seated, while a few will be performed standing using the chair as a prop and for support. The focus of the asanas and stretches is to improve flexibility, skeletal alignment, muscle tone, posture, balance, circulation, breathing, and to relieve stress and tension in the body and mind. Each pose or stretch is done slowly and in conjunction with the breath. The instructor provides verbal guidance throughout. The practice ends with ten minutes of Savasana (relaxation), accompanied by calming music, guided meditation or positive affirmations.