

Yoga
Dance
Healing
Transformation





Move
And
Be Moved.

Sliding scale and scholarships available

a center for mind/body movement

Schedule for April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Spiral Flow Yoga</i> 10:00-11:30</p> <p>Sonic Nidra April 14</p> <p>Gallery Readings April 7 & 21 2:00-4:00</p> <p>Drop In or sign up</p> 	<p><i>Whatever Moves You</i> 9:00-10:00</p> <p>Yoga Nidra for Stress Release 4:30-5:15</p> <p>JourneyDance™ 5:30-6:45</p> <p><i>Vinyasa Flow</i> 7:00-8:15</p> <p>Special Schedule 4/8</p>	<p><i>Spiral Flow Yoga</i> 5:30-6:45*</p> <p>* Also offered virtually via Zoom</p>	 <p>Meditation for the Mind and Body 6:00-7:00</p>	<p><i>Cardio Dance & Pump</i> 5:30-6:30</p> <p><i>Vinyasa Flow</i> 7:00-8:15</p>	<p>Yoga Your Way 10-11:15</p> <p>CommuniTEA Connections April 12 & 26 Noon-1:30</p> <p>Mission Intuition April 12 & 26 2:00-4:00</p> <p>Rest, Restore, Renew: Yoga Mini-Retreat April 19 4:30-6:30</p>	<p>Breath & Yoga 8:00-9:30</p> <p><i>Kukuwa Dance Fitness</i> 10:30-11:30</p> <p>Transformative Healing Through Movement April 6 12:00 to 2:00</p> <p>Radical Careworkers April 20 Noon-3:00</p>

WEEKLY CLASSES

Whatever Moves You (free dance) (Mondays 9am): *Start the day and start the week with Joy in Movement! Dance to an eclectic bunch of music that will inspire us to move our body/mind, heart, and soul, invigorate you for the rest of your day and week. \$5 drop-in*

Yoga Nidra for Stress Release (Mondays 4:30pm): *Yoga Nidra, also known as non-sleep deep rest, is a wonderful tool for nervous system regulation. Blends pranayama (breath work), restorative poses, and yoga nidra meditation so you can rest both mind and body. People managing anxiety, chronic stress, and/or insomnia may find this practice particularly supportive.*

JourneyDance™ (Mondays 5:30 pm): *Experience the power of movement and music as they merge into a beautiful alchemy of healing and embodiment. JourneyDance is a transformative movement practice that invites you to connect with your body, heart, and spirit in a whole new way with its unique blend of guided movement, music, and visualization.*

Vinyasa Flow Yoga (Mon and Thur 7pm): *Vinyasa yoga is a dynamic, movement-oriented yoga practice emphasizing the connection between mind, body, and breath. While the order/flow of practice varies, classes are sequenced to help ensure everyone has a fulfilling and safe practice.*

Meditation for the Mind & Body (Wed 6:00 pm): *Gentle movement followed by Deepak Chopra's mantra-based meditation.*

Cardio Dance & Pump (Thursdays 5:30pm): *Sarah's classic mix of intervals of cardio dance and strength training with resistance bands. Easy-to-follow choreography that combines a variety of dance styles and fun, dynamic movements set to a variety of music. A full-body workout!*

Yoga Your Way (Fridays 10-11:15am) *Each class will meet participants where they are, encouraging attendees to tune in to what their bodies need. Combining breathing, meditation, and intuitive movement, each class is unique to the individuals as well as the collective.*

Breath & Yoga (Saturdays 8am): *A 90 minute class filled with practices to awaken the nervous system through breathing techniques and yoga postures that align our bodies and minds, while giving students the power and knowledge of what their own bodies are capable of through breath.*

Kukuwa® Dance Fitness (Saturdays, 10:30): *Get ready to explore Africa through music and dance, learning to move muscles you didn't know you had while getting in the best shape of your life!*

Spiral Flow Yoga (Sundays 10am; Tuesdays 5:30pm): *An invigorating, gentle, and restorative practice that encourages each of us to do what feels best in our bodies at each moment of our practice, emerging renewed, rejuvenated, embodied, and resourced.*

SPECIAL EVENTS

Special Schedule for April 8 Solar Eclipse!
See our website for more events and more info!

Sonic Nidra (Sunday, April 14, 2-4pm): *Yoga Nidra + Sound Bath!*

CommuniTEA Connections: April 12 & 26 noon to 1:30pm

Rest, Restore, Renew: Yoga Mini-Retreat (Friday April 19, 4:30-6:30pm): *Counteract the physical, mental, and emotional impacts of "grind culture" and treat yourself to an opportunity to reconnect to your mind/body/spirit through gentle, slow flow, restorative yoga. Experience what it feels like to be supported and cared for in the synergy of a collective healing space. Recalibrate your nervous system and release what you no longer need to carry. Heal your whole self.*

Transformative Healing Through Movement (April 6, 12noon to 2pm): *An opportunity to connect with ourselves and with other people through dance, moving meditation, music, positive messaging, process work, play, imagination, and rituals. We'll use a variety of healing modalities including JourneyDance, yoga, oracle cards, journaling, and expressive arts. As we move our mind/body/spirit, we transform ourselves.*

Radical Careworkers Coven (Sat, April 20, 12-3pm): *Connect with other radical careworkers, give/find support, grow in practice!*

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Spiral Goddess Collective Care Fund Scholarships and Sliding Scale Available. Special Caregivers Monthly rate of \$68

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Gift Certificates available for purchase, 5 punch for \$40 or any amount

All of our classes are suitable for beginners and all minds/bodies are welcome! Sliding scale and scholarships available.

For more information about all our offerings and more, check us out at www.thespiralgoddesscollective.com and get our new app via the QR code on the schedule.

Questions: text or call 207-949-4137 or email thespiralgoddesscollective@gmail.com

