

# friday nights at the BYC

Look what's happening on Friday nights. Visit our website for a list of dates.

[www.beverlyyogacenter.com](http://www.beverlyyogacenter.com)

## YogaGroove

Join us for a fun and invigorating yoga class accompanied by some of your favorite music. You will hear tunes from Dave Mathews Band, Bob Marley, Norah Jones, David Grey, U2, John Mayer, Fleetwood Mac, the Temptations and Beatles. This 2-hour class will begin with standing poses and end with calming restorative poses and relaxation. YogaGroove is a playful approach to a traditional yoga class that will have you moving with tunes that are sure to make you smile. Prior yoga experience is recommended. This is a fun and challenging class.

## Relax & Renew

During this 2-hour yoga class you will practice gentle restorative yoga poses to help detangle the stresses of the week. This class will emphasize deep relaxation leaving you feeling calm, balanced, and re-energized. These yoga postures will help open the shoulders, hips, thighs, pelvis, and lower spine. This is the perfect class to complement your busy week! Open to all levels. No yoga experience required.

## Yin Yang Yoga: Restore and Rejuvenate

Let the warmth of summer permeate your body during this 2-hour class to restore and renew the body. The first part of class will focus on inward drawn poses in the Yin style. Yin yoga poses focus primarily on the hips, pelvis and lower spine. The Yang practice is more active or heat-building and will consist of a slow, mindful movement vinyasa practice. This class is suited for all levels of students.

## Candlelight Yoga

This class will incorporate slow and mindful movements that will lead you into a relaxed and peaceful state of being. This is a slow, meditative, calm practice. Perfect for all levels wishing to slow down. This class will be done by candlelight.

## Open Your Heart: Backbends

Backbends refresh and invigorate the body as they open the heart and create space along the spine. Beginning with a Hatha practice to prepare our bodies, we will play with many variations of backbends, geared toward increasing strength and flexibility. This class is suited for all levels of students and will leave you feeling energized and full of life.

## Body Centered Meditation

Body Centered Meditation is the perfect addition to your yoga practice. In this workshop we will practice two different meditation techniques. First we will practice Earth Meditation. This guided meditation is an excellent way to connect with the energy of mother earth. This energy grounds us in the here and now in a loving way. It calms our internal chatter so that we can truly appreciate our lives. Once we have centered ourselves with the reliable energy of the earth, we will practice Awareness Meditation. As we work with awareness, our lives open up in ways that are simple and miraculous. No prior yoga or meditation experience is required. These techniques are for everyone and can be done in meditation posture or sitting in a chair.

## Beverly Yoga Center

1917 West 103rd Street, 2nd floor | 773.239.9642

*All classes are \$20 and are from 7:00 - 9:00 pm.*

We would appreciate if you would register early so that teachers can plan the class accordingly.