

SANTOSA STUDIO ONLINE

Mondays: April 1, 8, 15, & 22	
8:30 a.m.: Next Level Strength	Establishing individual basic strength training protocol and progressing by changing load, duration, or frequency of established strength baselines. Discussion and performance of proper form, appropriate loading, and modifications using isometrics, dynamic tension, body weight, and/or free weights. Sample exercises: chest press, kneeling row, military press, lateral lifts, biceps curl. <i>Optional equipment: free weights, bands, fusion ball, balance disc, or stability ball.</i>
Tuesday: April 2	
8:30 a.m.: Gentle Somatic Yoga®	Slow and strategic practice focusing on reconnecting neuromuscular pathways or brain to muscle communication. Practice includes seated, supine, kneeling, side-lying, and prone (face down on mat) sequences. Ends with guided relaxation. Sample sequence: Supine arch and flatten of spine.
Tuesday: April 9 & 23	
8:30 a.m.: Chair Yoga	Traditional asana practice but using a sturdy chair as the main prop. The session culminates with guided meditation/visualization/and or breath.
Tuesday: April 16	
8:30 a.m.: Yoga for Osteoporosis	Yoga practice with a focus on loading the hips and spine through asana. The sequence will expand beyond the study published in the NYTimes. The session culminates with guided meditation/visualization
Wednesdays: April 3 & 17	
8:30 a.m.: Gentle Yoga for A Healthy Back	Practice dedicated to strengthening the trunk and lower body. Most of the practice takes place on the floor in kneeling, all fours, seated, and supine postures. Ends with breath work and guided relaxation. Sample sequence: Cat/cow to child's posture.
Wednesdays: April 10 & 24	
8:30 a.m.: Balance and Cognitive Fitness	Session devoted to exploring stability while focusing on exercises that explore and improve lower-body and core muscular strength, visual input, neck flexibility and ankle dexterity. May include gentle foot massage and self-care. Body or foot lotion and towel suggested.
Thursdays: April 4 & 18	
8:30 a.m.: RESISTANCE CIRCUITS	Full body interval workout using body weight, resistance bands, free weights, with optional yoga flows or cardiovascular work.
Thursday, April 11	
8:30 a.m.: Chakra Flow Yoga	Yoga practice flavored with a focus on classic energy centers. Postures are performed with suggested imagery, colors, sounds, and qualities associated with the chakras. The session culminates with guided meditation/visualization. Sample sequence: Bridge with shoulder abduction.
Thursday, April 25	
8:30 a.m.: Morning Yoga Flow	Challenging asana practice including flowing standing to kneeling, seated and supine postures. Ends with unguided meditation (seated or supine stillness).
NO CLASSES April 29-May 2, 2024	

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