

# SANTOSA STUDIO ONLINE

Mondays: July 1, 8, 15, 22 & 29	
8:30 a.m.: <b>Next Level Strength</b>	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>
Tuesdays: July 9 & 23	
8:30 a.m.: <b>Chair Yoga</b>	Traditional asana practice but using a sturdy chair as the main prop. The session culminates with guided meditation/visualization/and or breath.
Tuesday: July 16	
8:30 a.m.: <b>Yoga for Osteoporosis</b>	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
Tuesday: July 30	
8:30 a.m.: <b>Chakra Flow Yoga</b>	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.
Wednesdays: July 3 & 17	
8:30 a.m.: <b>Gentle Yoga for A Healthy Back</b>	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: July 10 & 24	
8:30 a.m.: <b>Balance and Cognitive Fitness</b>	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.
Thursday: July 18	
8:30 a.m.: <b>RESISTANCE CIRCUITS</b>	Full body interval workout using body weight, resistance bands, free weights, with optional yoga flows or cardiovascular work.
<b><i>JULY SPECIAL!!!!</i></b>	
Thursday, July 11 & Wednesday, July 31	
8:30 a.m.: <b>Cardio &amp; Lower Body Circuits!!!</b>	Challenging interval workout with low impact cardiovascular training and lower body strength exercises.
<b>NO CLASSES July 4 &amp; 25</b>	

*Suzanne M. Best, C-IAYT • E-RYT® 500*

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