



*WAINWRIGHT  
HOUSE  
YOGA & MOVEMENT  
CLASSES GUIDE  
FALL 2016*

*for more information and to register  
call 914-967-6080 or  
visit our website [www.wainwright.org](http://www.wainwright.org)*

***Yoga & Movement Classes Begin week of September 12***

***12 (Monday)***

*6:30-7:30pm*

***QiGong Mindful Movement and Breathing 6340 - Series 1 Begins***

*with Dana McAvity*

***Fall Series 1 (6-weeks): Sep 12, 26, Oct 3, 17, 24, 31 (skip Sep 19, Oct 10)***

***Fall Series 2 (6-weeks): Nov 7, 14, 21, 28, Dec 5, 12***

*Learn time-tested and research proven techniques to help integrate body, mind and spirit through gentle movements, postures and breathwork. Benefits include stress reduction, improved sleep, strengthened immune system, balance and muscle tone. No previous QiGong experience necessary. Wear flexible clothing and comfortable shoes.*

***16 (Friday)***

*11am-12pm*

***Gentle Restorative Yoga 6346 - Series 1 Begins***

*with Sonya Sanmateu*

***Fall Series 1 (6-weeks): Sep 16, 23, 30, Oct 7, 14, 21***

***Fall Series 2 (6-weeks): Oct 28, Nov 4, 18, Dec 2, 9, 16 (skip Nov 11,25)***

*This class will combine gentle movements to warm up the body along with supported passive poses that are calming and quieting. There will be an emphasis on breathing techniques, mindfulness and tools towards meditation to support harmony and ease in the body, mind and breath as one integrated whole with the intention to facilitate health and healing. No previous yoga experience necessary. This class is perfect for those working with injury or limitation.*

***19 (Monday)***

*9:30-10:30am*

***Funky Flow Yoga 6329 - Series 1 Begins***

*with Sinda Anzovino*

***Fall Series 1 (6-weeks): Sep 19, 26, Oct 3, Oct 17, 24, 31 (skip Oct 10)***

***Fall Series 2 (6-weeks): Nov 7, 14, 21, Dec 5, 12, 19 (skip Nov 28)***

*A playful all level flowing class. Breath and alignment based with creative flows and transitions. Set to upbeat eclectic funky music. Show up and express yourself!*

## **19 (Monday)**

11-12pm

### **Tai Chi for Health(Mondays) 6337 - Series 1 Begins**

with Stu Reis

**Fall Series 1 (6-weeks): FULL**

**Fall Series 2 (7-weeks): Nov 7, 14, 21, 28, Dec 5, 12, 19**

Tai Chi is a form of Chinese exercise that consists of relaxed, gentle and fluid movements. This course teaches the Yang-style short form, and can be practiced almost anywhere, by anyone, and is beneficial to people of all ages and fitness levels. Tai Chi will:

- Increase balance and flexibility
  - Reduce stress by increasing the sensation of relaxation
  - Aid in better overall health
  - Increase vitality and longevity
- .....

## **19 (Monday)**

12:30-1:30pm

### **Gentle Flow and Meditate 6338 - Series 1 Begins**

with Sonya Sanmateu

**Fall Series 1 (6-weeks): Sep 19, 26, Oct 3, Oct 17, 24, 31 (skip Oct 10)**

**Fall Series 2 (7-weeks): Nov 7, 14, 21, 28, Dec 5, 12, 19**

This class is an open level gentle slow flow asana class with an emphasis on the breath, mindfulness and tools towards meditation that are in alignment with the flow of seasons to support harmony and ease in the body, mind and breath as one integrative whole. Modifications will be offered for those who are new to yoga or are working with limitations.

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## **19 (Monday)**

5:30-6:30pm

### **Yoga For Athletes 6339 - Series 1 Begins**

with Jessica Fumasoli

**Fall Series 1: Cancelled**

**Fall Series 2 (6-weeks): Nov 7, 14, 21, 28, Dec 5, 12**

Centered around the physical practice of yoga, more vigorous and focusing on strengthening and lengthening muscles. For those looking to enhance performance, increase flexibility and prevent injury (very specific to dancers).

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## **20 (Tuesday)**

*6:15-7:15am*

### **Ashtanga Vinyasa(Tuesdays) 6363 - Series 1 Begins**

*with Lexy Tomaino & Ingrid Hauptman*

**Fall Series 1 (6-weeks): Sep 20, 27, Oct 4, 11, 18, 25**

**Fall Series 2 (7-weeks): Nov 1, 8, 15, 22, 29, Dec 6, 13**

*This class follows the set primary series of the Ashtanga Vinyasa system, as taught in the tradition of Sri K. Pattabhi Jois of Mysore, India. This sequence of postures utilizes ujjayi breath and bandhas (energy locks) to increase muscular strength, flexibility, and concentration.*

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## **20 (Tuesday)**

*8-9am*

### **Strength And Tone Yoga(Tuesdays) 6361 - Series 1 Begins**

*with Helene Wurtzel*

**Fall Series 1 (6-weeks): Sep 20, 27, Oct 11, 18, 25, Nov 1, 8 (skip Oct 4)**

**Fall Series 2 (6-weeks): Nov 8, 15, 22, 29, Dec 6, 13**

*Helene's classes are a strong flow with an emphasis on postural alignment and core engagement through detailed cues and accessible sequencing. Her classes will encourage you to find strength and length in every pose with a safe and mindful approach. All levels are welcome to come and find flexibility of the mind and body, set an inner tone of calm for your day and energize with a strong and steady yoga work out!*

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## **20 (Tuesday)**

*9:30-10:30am*

### **Awaken Gentle Flow Yoga 6353 - Series 1 Begins**

*with Kelly McGovern*

**Fall Series 1 (6-weeks): Sep 20, 27, Oct 4, 11, 18, 25**

**Fall Series 2 (7-weeks): Nov 1, 8, 15, 22, 29, Dec 6, 13**

*A compassionate, non-competitive environment that is welcoming to all. A softer, nurturing, slow-paced, well-supported and relaxing practice. Postures will be approached in gradual steps, with plenty of time to focus on breathing and repetition. The goal being a restorative experience; building confidence and understanding of the benefits of the postures.*

## 20 (Tuesday)

6:30-7:30pm

### **Yin Yoga** 6349 - **Series 1 Begins**

with Mary Gasparrini

**Fall Series 1 (6-weeks): Sep 20, 27, Oct 4, 11, 18, 25**

**Fall Series 2 (7-weeks): Nov 1, 8, 15, 22, 29, Dec 6, 13**

In yin yoga we target the connective tissues, such as ligaments and fascia, along with the energetic systems of the body, bringing the body into balance and increasing it's natural range of motion. Yin Yoga postures are more passive postures, mainly done while seated or lying down, and are held in stillness for 3-5 minutes. The time spent in the postures is much like time spent in meditation. An emphasis is on the steady meditative flow of breath to calm the mind to turn senses inward to discover new depths within the heart. This practice will leave you feeling refreshed, renewed and restored. All levels welcome.

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## 21 (Wednesday)

9:15-10:15am

### **Yoga Fusion** 6341 - **Series 1 Begins**

with Melissa Miller

**Fall Series 1 (6-weeks): Sep 21, 28, Oct 5, 12, 19, 26**

An eclectic blend of both Sivananda and Ashtanga style yoga which offers vigorous and gentle aspects of yoga. Each class follows a routine but is never the same, keeping it different and interesting throughout. This class welcomes both beginner and intermediate levels.

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## 21 (Wednesday)

11-12pm

### **Tai Chi for Health(Wednesdays)** 6348 - **Series 1 Begins**

with Stu Reis

**Fall Series 1 (6-weeks): Sep 21, 28, Oct 5, 12, 19, 26**

**Fall Series 2 (6-weeks): Nov 2, 9, 16, Nov 30, Dec 7, 14 (skip Nov 23)**

Please see description at **Tai Chi for Health(Mondays)**

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## 21 (Wednesday)

5:30-6:30pm

### **Yoga Mix** 6342 - **Series 1 Begins**

with Jessica Fumasoli

**Fall Series 1 (6-weeks): Sep 21, 28, Oct 5, 12, 19, 26**

**Fall Series 2 (6-weeks): Nov 2, 9, 16, Nov 30, Dec 7, 14 (skip Nov 23)**

For the mind, body and spirit. The class focuses on mini segments of breath work, posture/vinyasa flow and meditation/relaxation all in one class. It compiles a little of everything yoga offers to us.

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**22 (Thursday)**

**6:15-7:15am**

**Ashtanga Vinyasa(Thursdays) 6364 - Series 1 Begins**

*with Lexy Tomaino & Ingrid Hauptman*

**Fall Series 1 (6-weeks): Sep 22, 29, Oct 6, 13, 20, 27**

**Fall Series 2 (6-weeks): Nov 3, 10, 17, Dec 1, 8, 15 (skip Nov 24)**

*Please see description at Ashtanga Vinyasa(Tuesdays)*

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**22 (Thursday)**

**8-9am**

**Strength And Tone Yoga(Thursdays) 6362 - Series 1 Begins**

*with Helene Wurtzel*

**Fall Series 1 (6-weeks): Sep 22, 29, Oct 6, 13, 20, 27**

**Fall Series 2 (6-weeks): Nov 3, 10, 17, Dec 1, 8, 15 (skip Nov 24)**

*Please see description at Strength And Tone Yoga(Tuesdays)*

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**22 (Thursday)**

**9:30-10:30am**

**Gentle Vinyasa Yoga 6343 - Series 1 Begins**

*with Kelly McGovern*

**Fall Series 1 (6-weeks): Sep 22, 29, Oct 6, 13, 20, 27**

**Fall Series 2 (6-weeks): Nov 3, 10, 17, Dec 1, 8, 15 (skip Nov 24)**

*This introductory vinyasa class will emphasize the connection between breath and movement, focusing on linking postures and alignment. The class will be tailored to individual students' needs, and modifications will always be offered in this noncompetitive and nurturing environment.*

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**22 (Thursday)**

**7:30-8:30pm**

**Belly Dance 6344 - Series 1 Begins**

*with Aszmara Sherry*

**Fall Part 1 (4-weeks): Sep 29, Oct 6, 13, 20**

**Fall Part 2 (4-weeks): Oct 27, Nov 3, 10, 17**

*Unleash your Inner Diva and connect with your Feminine Nature. The movements of this beautiful art form connects the Mind Body Spirit with its specific movements and haunting music. A beautiful companion to Yoga practice, Belly Dance is a Moving Meditation and gives a safe, whole body workout without strain to joints or muscles. While learning the specialized techniques, we build body strength, improve posture, increasing our flexibility, stamina, and core body awareness.*

## 23 (Friday)

9-10am

### **Hatha Yoga 6350 - Series 1 Begins**

with Mary Gasparini

**Fall Series 1 (6-weeks): Sep 23, 30, Oct 7, 14, 21, 28**

**Fall Series 2 (5-weeks): Nov 4, 18, Dec 2, 9, 16 (skip Nov 11, 25)**

In Hatha Yoga, we use a balanced combination of sustained physical poses with attention to basic alignment and breathing. Mindfulness, observation of the breath and the body are an integral part of class. Hatha Yoga develops balance, strength, flexibility, breath control and calmness and is an excellent style for students who prefer a slow and gentle meditative approach to yoga while still reaping the benefits of a physical practice. All levels welcome.

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## 24 (Saturday)

10:30-11:30am

### **Basic Yoga 6347 - Series 1 Begins**

with Kelly McGovern

**Fall Series 1 (6-weeks): Sep 24, Oct 1, 8, 15, 22, 29**

**Fall Series 2 (7-weeks): Nov 5, 12, 19, 26, Dec 3, 10**

This introductory vinyasa class will emphasize the connection between breath and movement, focusing on linking postures and alignment. The class will be tailored to individual students' needs, and modifications will always be offered in this noncompetitive and nurturing environment.

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## 24 (Saturday)

4-5pm

### **Pre-Natal Yoga 6330 - Series 1 Begins**

with Sinda Anzovino

**Fall Series 1 (6-weeks): Sep 24, Oct 1, 8, 15, 22, 29**

**Fall Series 2 (7-weeks): Nov 5, 12, 19, 26, Dec 3, 10**

Join Sinda for an interactive and enlightening prenatal yoga experience. Focus on standing, balance, hip openers, breath and Mulabandha work. From when you find out your pregnant to the very end, join in at any stage, all levels and beginners welcome! You will smile, stretch and grow with friends traveling the same journey!

# CLASS SCHEDULE

<u>Mon</u>	9:30–10:30am	Funky Flow Yoga Sinda Anzovino
	11am–12pm	Tai Chi for Health Stu Reis
	12:30–1:30pm	Gentle Flow & Meditate Sonya Sanmateu
	5:30–6:30pm	Yoga for Athletes Jessica Fumasoli
	6:30–7:30pm	Qigong: Mindful Movement & Breathing Dana Mcavity
<u>Tue</u>	6:15–7:15am	Ashtanga Vinyasa Lexy Tomaino & Ingrid Hauptman
	8–9am	Strength & Tone Yoga Helene Wurtzel
	9:30–10:30am	Awaken Gentle Flow Yoga Kelly McGovern
	6:30–7:30pm	Yin Yoga Mary Gasparrini
<u>Wed</u>	9:15–10:15am	Yoga Fusion Melissa Miller
	11am–12pm	Tai Chi for Health Stu Reis
	5:30–6:30pm	Yoga Mix Melissa Miller
<u>Thu</u>	6:15–7:15am	Ashtanga Vinyasa Lexy Tomaino & Ingrid Hauptman
	8–9am	Strength & Tone Yoga Helene Wurtzel
	9:30–10:30am	Gentle Vinyasa Yoga Kelly McGovern
	7:30–8:30pm	Belly Dancing Aszmaria
<u>Fri</u>	9:15–10:15am	Hatha Yoga Mary Gasparrini
	11am–12pm	Gentle Restorative Yoga Sonya Sanmateu
<u>Sat</u>	10:30–11:30am	Basic Yoga Kelly McGovern
	4–5pm	Pre-Natal Yoga Sinda Anzovino
<u>Sun</u>		

## PAYMENT OPTIONS

### Pay Per Series:

Series Price\*

(5-weeks) 72(WM); \$80 (NM)

(6-weeks) 108(WM); \$120 (NM)

(7-weeks) 126(WM); \$140 (NM)

Commitment to a specific

yoga/movement series.

Not transferrable to another class.

**Drop-Ins: \$25**

### Belly Dance:

2 Parts (8-weeks)

\$135 (WM); \$150 (NM)

Part 1 or 2 (4-weeks)

\$72 (WM); \$80 (NM)

### Become Member of Wainwright:

Join as a Wainwright House Member  
\$300 Donor Level (or above) and  
receive all yoga & movement classes  
FREE for the year.

Important: Donors must always  
register for class.

\*Belly Dance is not included

WM= Wainwright member; NM= Non-member

Photos were taken  
by Dayne Topkin@  
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by Jack Kong

**Wainwright  
House**

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