

Dancer's Edge @ Studio "D" &



Have partnered to now offer the
following classes at Studio "D"!

➤ Cup-a-Joe Movement—Mondays, 6:30–7:30 am

Wake yourself up with movement! Appropriate for any fitness level, this class draws on yoga, other contemplative movement traditions, meditation and breath work. Movement practices will elevate mood, focus the mind, energize and release tension, leaving you feeling easy, light, focused and functioning at 110%. You'll become more aware of your physical, mental and emotional states and feel your malleability through guided experience. In an environment of joyful exploration of the body, you will learn to develop your "inner teacher"—gaining skills to design your own healing movement practices and treat yourself better. Free Class: Jan 11
\$72

➤ Spirited Yoga—Thursdays, 6:00–7:30 pm

This class is for students in good physical condition with some yoga experience (you should be able to do a few good push-ups). Heat up and strengthen the body with vigorous flow yoga, more advanced postures and stimulating breath work. Balance this energy with meditation practice, restorative poses and a through-line of deep breath and reverence for the body and whole self. In an environment of joyful exploration of the body, students will learn to develop their "inner teacher" – hopefully gaining skills to design their own healing movement practices. *Sweaty, joyful, focused, delicious, relaxing!* Free Class: Jan 7
\$117

Class are open to anyone age 18 and older or is a UM student.

Session runs Jan 6–Apr 20, 2010.

Try the classes out during Free Week Jan 6–12.

Go to www.umoveregister.org to register or
check out other UMove classes!
Call UMove Fitness at 734.764.1342 or email
umove@umich.edu for more information.