Fall 2020 - Yoga Offerings for Hope College Wellness

Hello! My name is Daphne and I have guided a foundational Yoga class via Hope College’s Wellness program for 4 semesters, beginning in the fall of 2018 and it has been a true pleasure.

I am excited to continue to share my virtual offerings with Hope College! Since Covid hit in March I have been guiding Yoga via Zoom. Yes, virtual live yoga is a different experience, but I am encouraged that a sense of community is possible online.

I am happy to share my offerings to *the people of Hope* with a **20% discount** because I sincerely believe the yoga practices are beneficial to our well being. Please add ‘Hope Community’ after your name on the [Registration Form](#) to apply this discount. Explore offerings at [my website](#) and [Facebook page](#). I hope you are encouraged to try something new and continue to grow in your yoga journey through these options.

Once you ‘register’ I will receive your information and then will reply via email about finalizing and accessing the Zoom links. It’s not a ‘fancy system’ so please bear with me through any bumps.

You will find [class descriptions, registration and the schedule at the website](#). You can also learn [more about me](#).

PLEASE, email with questions or clarifications!! [attendyoga@gmail.com](mailto:attendyoga@gmail.com)

### Descriptions (All Offerings via Zoom)

**Meditation & Mudra (30 min) **
- **Mondays, 7:30-8:00am**
- **Series or PunchCard (1 punch)**

*8 wk Series $40*
- **Session #1** - 9/14/20-11/2/20
- **Session #2** - 11/9/20-12/8/20

Begin your week with an early morning fresh or renewed outlook! After centering and introducing a mudra (hand gesture), we will warm the body with gentle asana before sitting in contemplation for a 10-15 min guided meditation practice (seated on the floor or in a chair). OPEN to ALL - No meditation experience required - a great introduction to meditation. No limit.

**Rewind & Restore (60 min)**
- **Mondays, 7-8:00pm**
- **Series Only - limit 5 yogis per session**

*6 Week Series $72*
- **Session #1** - 9/21/20-10/26/20
- **Session #2** - 11/9/20-12/14/20

An evening class that begins with asanas (poses) and pranayama (breathwork) to turn inward, release tensions and warm the body. We finish this practice with restorative poses to reset the body-mind. Many props are used - yoga props (strap, blocks, blankets, bolsters, eye pillow, chair) and/or household (pillows, blankets, towels, bathrobe belt, bags of rice, chair) - limit due to personalization.

**Yoga Foundations 1 (60 min)**
- **Wednesdays, 8:30-9:30am**
- **Series or PunchCard (2 punches)**

*6 wk Series $66*
- **Session #1** - 9/16/20-10/21/20
- **Session #2** - 11/4/20-12/9/20

Classes will be foundational, alignment focused, vinyoga in style. Pranayama (breathwork) and other yoga ‘tools’ may be incorporated in addition to asana (postures). This class may also use a chair. Yoga props helpful. A great place to start if you are new or returning to yoga.

**Yoga Foundations 2 (60 min)**
- **Thursdays, 4:30-5:30 pm**
- **Series or PunchCard (2 punches)**

*6 wk Series $66*
- **Session #1** - 9/17/20-10/22/20
- **Session #2** - 11/5/20-12/17/20 No Class Thanksgiving

Classes will be foundational, alignment focused, vinyoga in style and may include pranayama (breathwork), mudra (hand gestures), mantra, in addition to asana (physical postures). Yoga props helpful.

**Monthly Workshops (2 hours) $25 or Punchcard (4 punches)**
- **Oct, Nov, Dec - 2nd Saturdays** - exact times TBD

‘Shallow Dives’ to explore Yoga topics via discussion and practice.

  - October - Introduction to the Chakras
  - November - Exploring the subtle body - the PanchaMaya
  - December - Restoratives and Yoga Nidra

---

Daphne Fairbanks  BA RYT500
*Yoga Therapist in training*

[attendyoga@gmail.com](mailto:attendyoga@gmail.com)

Website  Facebook