Personal Enrichment

**NPF92 - Yoga Sculpt Online - $125**
Mon  | May 4-June 29  | 7:30-9pm or
Thur | May 7-June 25 | 6-7:30pm
This is a pumped up breath to movement class that incorporates light dumbbells (optional) with yoga and cardio to an upbeat playlist. This online course is a high intensive course. Please have a yoga mat and a set of dumbbells up to 5 lbs. each.

**NPF16 - Hatha Yoga Beginner Online - $125**
Mon  | May 4 - June 29 | 7:15-8:45pm or
Tue  | May 5 - June 23 | 5:30 – 7pm
Hatha Yoga shows you how to renew vigor, release tension, and relax. Learn basic breathing and postures to calm the nervous system, control weight and produce radiant health. Please have a sticky mat, blanket, yoga blocks and a yoga strap.

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**50 + Wellness Program**

**Conscious Contentment With Mario Starace $50**
Fridays May 22 - 29
An actively engaged heightened awareness that shifts an individual from agitated to tranquil when imbalances and stress arise. This integrated approach utilizes breath work, wellness principles, aromatherapy applications as well as finding creative spaces of sanctuary.

**COM106 - Deepening Chair Yoga w/ Reiki With Dr. Gail Levine $50**
Mondays May 18 - June 8
For ages 50 and over. Developing a personal yoga practice enhanced with REIKI. Increase and deepen the healing benefits of Chair Yoga (seated and standing postures; breathing practices and meditation/ relaxation) with REIKI (Universal Energy). Develop your own personal practice of Chair Yoga. Learn how to give yourself healing REIKI to open Energy channels as you practice seated and standing postures. Wear loose comfortable clothing and flat shoes.

**COM59 Moving Meditation and Self Healing through Qi Gong $50**
Monday May 18 - June 8
50+ WELLNESS This course involves focused, gentle meditative movement and breath work, bringing relaxation, peace and healing to mind and body. The exercises are extremely easy to learn, and may be practiced seated as well as standing. Lessons will include the Eight Brocades and Five Animal Frolics. It will also focus on organ healing practices, breathing exercises and meditation.