

mind~body



More than 105 free Mind~Body classes are offered each week as part of your ACAC membership. Classes include Asthanga Yoga, Vinyasa Yoga, Anusara-inspired Yoga, Kripalu Yoga, Hatha Yoga, Belly Dance, Nia™, Alexander Technique, Myo Sim Karate, Myo Sim Kendo, Tai Chi and Pilates. Visit www.acac.com for a complete schedule of classes.

Member Free
Non-member 6-class sampler for \$75

Mind~Body Class Pass

Non-members can enjoy ACAC mind~body classes. Sample six classes of your choice for only \$75. Visit the ACAC Member Services Desk to purchase your pass today.

Yoga

Directed by John Piller, ACAC's Yoga Program offers a variety of classes throughout the day. In order to meet everyone's individual needs, the schedule includes beginner to advanced options.

Pilates

ACAC has an extensive Pilates program, including mat, reformer, specialty classes, and private instruction. The ACAC Mind~Body schedule offers a variety of drop-in classes, including reformer classes that are **free** with membership!

Tai Chi

Tai Chi is a martial art characterized by soft, slow, flowing movements performed with precision. This meditation in motion emphasizes relaxation, improves balance, increases muscle tone, and decreases stress.

Belly Dance

ACAC offers beginner to advanced classes in Belly Dance. Learn to isolate your muscles and tone your entire body through the art of Belly Dance.

Meditation

Feel relaxed, peaceful, and focused as you participate in one of ACAC's meditation classes.

Myo Sim Karate & Kendo

Myo Sim Karate & Kendo offers a balanced approach to training the mind, body, and spirit. In karate, students learn and practice formalities, stances, and technique through kata, mat work, and sparring. In Kendo, students learn and practice traditional Samurai sword techniques, sword etiquette, partner exercises, and sparring.



Alexander Technique

Encourage proper posture and improve mobility in a safe, gentle class setting. Participants gain knowledge of proper movement techniques.

Mind~Body Private Instruction

Enjoy a comprehensive one-on-one session with a trained Mind~Body instructor. Private sessions are great for anyone needing individualized attention or dealing with chronic conditions and injuries. Appointments are scheduled at your convenience. Single sessions and ten-session packages are available for Pilates Mat, Tai Chi, Pilates Reformer, Nia™, Yoga, Body Rolling, and Alexander Technique.

Upcoming Yoga Workshops

Scaravelli Yoga with Darlene Blink

Scaravelli Yoga is based on three principles: the ground, the breath, and the spine. It is designed to work with the natural movement of the body in relation to gravity and breath awareness. Movement is created from your core, naturally unfolding outward. This workshop highlights how these principles can be applied to specific postures to deepen your individual practice.

Yoga and Anatomy with Mary Bridle

Learn how muscles, bones, and joints function in specific yoga poses. This is a great opportunity to work on proper alignment and learn how to safely work more deeply into poses.

For additional information and workshop dates/times, email John Piller at johnp@acac.com or stop by the Member Services desk.