



Class Schedule & Upcoming Events

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www.alignmentBEACH.com

B= All level classes. **A**= Advanced Skills Classes- appropriate for RES & long-time class participants

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30am Advanced Concepts <i>Tim A</i>		7:30am Balance, Stability, & Movement <i>Tim B</i>		
9:00am The Upper Half <i>Tim B</i>	9:00am Focus on Change <i>Joan B</i>	9:00am Slow Weights Too <i>Joan B</i>	9:00am Whole Body Function <i>Michael B</i>	9:00am Every Step You Take <i>Amber B</i>	9:00-10:00am Whole Body Alignment <i>Tim B</i>
10:15am The Lower Half <i>Breana B</i>		10:15am Stretch it Out <i>Breana B</i>			

- **FREE Intro to Alignment 1A Group Class:**

Monday, January 23rd, 6:00-7:00pm. This is a free class for anyone who hasn't had a 1A Intro Session or anyone who would like a refresher. Space is limited, so pre-registration is requested. Email info@alignmentbeach.com to sign up. This is a great way to introduce friends or loved ones to the foundational concepts of alignment. We offer these free classes on a quarterly basis.

MORE INFO OR TO REGISTER FOR EVENTS: CALL 642-9900 or VISIT www.alignmentBEACH.com

CLASS DESCRIPTIONS

The Upper Half: Believe it or not, upper body strength is important to your health even if you never plan to swing across the monkey bars or hoist yourself up and over a wall. The health of your upper body affects your breathing, your core strength, your neck tension, and more! We'll work on both the strength of the muscles of the upper body and the range of motion of the joints in the upper half- essentially everything above the pelvis.

The Lower Half: Focusing on the parts from the pelvis/hips down, we'll be working on improving joint health and muscle use around the hip and knee joints and the health and function of the pelvic floor especially, but in "The Lower Half", feet to pelvis is fair game. 😊

Whole Body Alignment: Head to toe alignment is what it's all about! Stretch and strengthen the whole body to improve circulation, reduce pain, build strength, and increase flexibility.

Advanced Concepts: Intended for students who have taken the RES training course or who have been attending class for a minimum of six months, this advanced skills class will help expand students' awareness and capabilities and explore basic exercises with greater depth and subtlety. This will help paint more of the "bigger picture".

Focus on Change: This class will continue, with the theme of spending about a month on particular areas of the body going over the same or similar exercises to elicit a change over time. Sometimes we don't acknowledge the changes that are happening in our bodies and sometimes we don't do exercises regularly and often enough to get significant change. Come see what can happen- change IS possible!

Slow Weights Too: This class is a continuation of our mindful full body workout which focuses on moving with the breath. This class will really appeal to those of you who miss your "traditional" exercise class format, but still want to work in a way that promotes a healthy body and is restoring to your alignment. Benefits include improved stability, muscle toning, balance, and relaxation. We use very light weights (1-3lbs), and move from a stability ball (or chair) to standing to the floor and move slowly to create an almost zen-like experience that fools you into thinking you're not working very hard. After all, they're only 2lb weights! You'll love it!

Stretch It Out: Stretching just feels good. Right? But if you've been practicing restorative exercise for a long time, you might spend so much time hyperfocused on alignment points, that you miss out on some of the feel-good benefits of stretching all of your muscles around all of your joints. This class will leave you feeling open, relaxed, and mobile.

Balance, Stability, & Movement: This class will build your confidence in maintaining your balance and stability under all conditions. Progressing from simple to increasingly complex movements, we will explore the subtle differences between balance and stability.

Whole Body Function: Learn to restore pain-free movement, strength, and range of motion in order to improve your biological and mental function.

Every Step You Take: A focus on mindful movement, with some emphasis on gait, from the moment you step in the door and hopefully throughout the rest of your days.