



Class Schedule & Upcoming Events

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All classes are appropriate for all levels.

It is requested that all students complete an Intro Session prior to attending class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30am Twisting & Rolling <i>Tim</i>		7:30am Balance & Fall Prevention <i>Tim</i>		
9:00am The Hippest Hips <i>Breana</i>	9:00am Moving Habits <i>Joan</i>	9:00am Slow Weights <i>Joan</i>	9:00am Awesome Upper Body <i>Breana</i>	9:00am Alignment with Therapy Balls <i>Amber</i>	9:00-10:00am Whole Body Alignment <i>Tim</i>
10:15am FUNctional Movement <i>Breana</i>		10:15am Stretch it Out <i>Breana</i>			

UPCOMING EVENTS:

- **Intro to Alignment Class**

Saturday, July 7, 10:15-11:15am. Now offered MONTHLY for only \$10! (RSVP Required, Space Limited)

In an Intro to Alignment class, we teach the foundational concepts of "what is alignment and why does it matter". This is the introduction to the language we use, as well as the basic exercises we do most frequently- those that are the essentials for most of us- and the beginnings of how to improve how you walk. This is a great class to invite friends and family to learn the fundamentals of alignment.

- **"Fundamentals of Movement" Workshop with Julie Angel**

Sunday, July 8th, 1:00-4:00pm, \$70

In this 3-hr workshop we will play with various "movement categories" exploring, experimenting, and having FUN! We could all use more movement, more of our parts moving in different ways, and playing together is a great way to learn what your body can already do and what movement nutrients might be missing from your current movement "diet". This workshop taught by Julie Angel, MovNat Level 2 Certified Trainer.

- **"Move Your DNA" Weekend**

Saturday, July 14th & Sunday, July 15th, \$289 (includes printable exercise workbook)

Immerse yourself for two days of hands-on practice of all the exercises in the book Move Your DNA. You will get personalized instruction to ensure you are performing the exercises correctly, as well as feedback to help you discover your own blind spots! What a fantastic opportunity to move more of you! Taught by Nutritious Movement™ Certified RES & Owner, Breana Maggio

CLASS DESCRIPTIONS

The Hippest Hips: Those hips need some love all around the joint. And these are some pretty big joints responsible for walking, balance, and a huge part of your immune system! If they don't move well, these functions can be compromised. Join this class if...you have hips.

FUNctional Movement: Putting the fun back in movement, this class is all about play and movement exploration. No rights or wrongs, you just "got to move it" 😊 This class looks a lot like the obstacle courses some of you might be familiar with that we've done in the past. This is the class people are talking about!

Twisting & Rolling: The good ol' Core and some of the missing movements for excellent core health. If you want a functional core, better digestion, a mobile spine, and better breathing, come on down!

Moving Habits: This class spends a month at a time working on particular areas of the body going over the same or similar exercises to elicit a change over time. The goal is to become aware of our habitual movement patterns and then begin to modify them to support ways of moving that optimize our health, well-being, and dynamic aging.

Slow Weights: 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 & Fall Prevention: One of the most valuable aspects of Restorative Exercise is the fact that by performing these corrective exercises and gradually adopting new ways of moving your body throughout your day, you get stronger, more balanced, and less likely to fall. We therefore are less fearful of falling, and therefore less likely to fall!

Awesome Upper Body: We don't always acknowledge the importance of upper body strength and function because we might not be doing much with our upper bodies, so what does it matter? Until you have pain, headaches, tingly hands, or the inability to do something you used to be able to do or worse, your work or favorite pastime. This class will focus on function, mobility, and strength of everything from the neck to the shoulders and upper back to the hands and fingers.

Alignment with Therapy Balls: Using the Yoga Tuneup Therapy Balls (or Pinkie Balls) you'll be led through a variety of self-massage techniques for every part of your body (not necessarily all in one class though, so you gotta come every week!) to help ease tension and release the sticky spots.

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.