



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 Strong & Supple <i>Tim</i>		7:30am Core & More <i>Tim</i>		
9:00am The Balanced Body <i>Breana</i>	9:00am Core & More <i>Joan</i>	9:00am Slow Weights <i>Joan</i>	9:00am Whole Body Alignment <i>Breana</i>	The Fri 9am is On hiatus until further notice	9:00-10:00am Whole Body Alignment <i>Tim</i>
10:15am Roll Out the Tension <i>Breana</i>		10:15am Stretch it Out <i>Breana</i>			

UPCOMING EVENTS:

- **Intro to Alignment Class**

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. Dates announced monthly.

- **"Move Your DNA" Weekends**

January 26&27, \$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 Balanced Body: 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, improve balance, and are less likely to fall. You also get to work on imbalances within the body that might be factors in some musculoskeletal issues, tension, or pain. This class addresses both kinds of balance.

Roll Out the Tension: Using sustained pressure and a variety of tools (foam rollers and soft balls primarily), myofascial release is a technique that helps to free up fascial restrictions throughout the body. This class will help you release deep tension in the muscles and fascia. And the more you do it, the better it feels!

Strong & Supple: We want a body that is strong and moves with ease. Cycling through lower body, upper body, and core, you will work on exercises and moves that restore suppleness and build strength.

Core & More: The core musculature is so important not only to the health of our spine and pelvis, but our vital organs as well. While you can't just work on the "core" without addressing the alignment of everything below, it is beneficial to spend concentrated time on one area of the body. This class will give you an opportunity to do that and will also teach you some ways you can sneak more "core strengthening" into your daily life!

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.

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.