RECREATION COMMITTEE

MEDITATION Monday 6:30-7:30 with Tracey at Warwick Town Hall $10

ZUMBA Thursday 6 pm with Susan at Warwick Town Hall $5

YOGA Saturday 9:15 am with Kalliope at Warwick Town Hall $5-10

BELLYDANCING Starting Friday January 25 to February 15 6pm $10 drop in or all 4 in advance $30

SOMATICS Sunday February 10 1:00-2:30 $10-12

Introduction to Belly Dance for Fun and Fitness with Karen Traub aka Hadama Seshat

Four Fridays starting January 25, 2019 6pm-7pm Warwick Town Hall

Dancing is fun and good for you! Chase away the winter blues

*No experience required *Ages 10 and up welcome *Burn calories *Build core strength and good vibes

*Gentle warmups *Easy to follow as the Hokey Pokey

$10 drop in per class or *sign up for all four in advance for $30* PayPal.Me/happydancermom

Visit me on Facebook hadamadance.com or call 413 367-9826

Back by popular demand!

Tracey Dawn Alden - Energy Therapist, will again be offering a therapeutic meditation class Monday evenings January 7th thru March 25th from 6:30 -7:30 at the Warwick Town Hall.

This 12 week class will be guided using Reiki and Solfeggio Sound Therapies in a group setting. We will also explore other healing and meditation modalities throughout the winter months. Including but not limited to aromatherapy, chanting, crystals, plants, journeying, partners and more.

This is a great way to contribute to your individual health goals as well as gathering within the community to create universal peace and well being.

Attend weekly for best results, or drop in at your leisure.

Somatics Sunday 1 pm February 10 1:00 to 2:30 Warwick Town Hall
Make-up class in Clinical Somatics (registration requested). It is Thomas Hanna's lesson on Improved Walking. It is the last of eight lessons in Hanna's life-changing Myth of Aging series, a fascinating process that helps people (and has helped many lovely Warwick attendees) regain mobility, decrease pain, improve posture, and explore the body's potential for function and peace.

Clinical Somatic Reeducation shows us how to functionally reconnect our cortical "front brain" to our muscles, resolving unconscious (subcortical) patterns of contraction from habit, injury and repetitive use, offering virtually endless benefits.

Please register for this at least one week before by emailing info@somatics.org. For updates on this and other Somatics classes, visit the "The Somatic Solution" Facebook page or email Katherine at the above address.

Come dressed comfortably/to move (no jeans), and please refrain from wearing fragrances. You'll need a body-length blanket or towel, optimally with a yoga mat underneath. If there is low registration due to winter scheduling, we may postpone [feel free to share your availability for future class/series scheduling]. Cost is $10-12, sliding scale. We hope to see you!