

CLASSES AT YOGA CENTRAL

Visit theyogaplaceohio.com for more details and class descriptions.

Monday

9:00 am - 10:00 am	Gentle/Moderate
10:30 am - 11:45 am	Yoga for Gut Health (<i>First Monday of the month, except holidays</i>)
10:30 am - 11:45 am	Worship in Motion (<i>2nd Monday of the Month</i>)
6:00 pm - 7:00 pm	Fusion Flow

Tuesday

8:30 am - 9:40 am	Power Yoga
10:00 am - 11:15 am	All-Levels Yoga
5:30 pm - 6:35 pm	Gentle/Moderate Yoga
7:00 pm - 9:00 pm	Sing Stark Choir

Wednesday

8:00 am - 9:00 am	Barre (10 weeks, ends on Nov. 8)
10:30 am - 11:20 am	Chair Yoga (8 classes for \$50)
4:30 pm - 5:30 pm	Yoga for Athletes
5:45 pm - 6:45 pm	Yogalates
7:00 pm - 8:15 pm	Tai Chi (<i>Please check for the start of the new 6-week session</i>)

Thursday

9:00 am - 10:15 am	Power Yoga
5:30 pm - 6:40 pm	Gentle Yoga

Friday

8:00 am - 9:10 am	Gentle Yoga
2:00 pm - 3:00 pm	Fusion Flow
3:30 pm - 4:45 pm	Trauma-informed Yoga

Saturday

8:30 am - 9:35 am	Strength and Stretch
10:00 am - 11:15 am	Moderate Yoga/Vinyasa
11:30 am - 12:15 pm	Intro to Tai Chi (<i>Please Pre-register</i>) <i>Offered in 6-week sessions.</i>

Sunday

9:00 am - 10:10 am	Yoga for all Levels
10:30 am - 12:00 pm	Merging Hearts Program & Discussion (by donation) (Check Merging Hearts website for program topics.)

Prices for regularly scheduled ongoing yoga classes

Single-session	\$15
5-classes	\$65
10-classes	\$120
15-classes	\$165
1-month unlimited (autopay) *best deal by month*	\$77
1-month unlimited	\$90
3-months	\$250
1-year *Best Deal*	\$875

High School & College Students are half-price for yoga classes that are part of the weekly schedule.



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In the Spirit of Service:

When we have the means it becomes incumbent on us to help others. Being on the mat is great, but what happens after?

5 points of action...

Yoga Manifesto:

1. **Kindness & Respect** (Fruit of the Spirit, Exercising Goodwill.) Buoy up others with a smile, or random acts of kindness strewn throughout the day. You can do it! In Galatians 5:22-23 it says...“the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”
2. **The Happiness Project** (Joy in the Heart, Elation) It is contagious and we can spread it. Ignite your light. Excitement for life.
3. **Peace Initiative** (Safety for our neighborhoods; Safety for all) When we are in peaceful cooperative environments we thrive and open like flowers. Where there is contention and animosity we tighten and wither like plants in a harsh dry environment.
4. **Conservation & Beautification** (Cleanliness sets the stage/beauty inspires.) The work of an angel can change blight to beauty. If we don't take care of the earth, who will? If it's not our responsibility, whose responsibility is it? Let's be clear: some of what we call development, is actually destruction.
5. **Mission Playground** (Give the inner child recess. We need time away from work, away from the desk.) Playfulness elevates the soul.

These are not unheard of ideas, but we're proposing a unified effort beyond what is ordinary. We want to work with everyone: different religions, businesses, clubs, groups, sports teams, ensembles... Let's get everyone on board to make Canton a better place. The idea we embrace is “act for the greater good.” Yoga is more about spreading peace & happiness, than it is about being flexible.

So... Let's be mindful of our Interactions:

With nature. Through reduce, reuse, and recycle, we can leave a smaller carbon footprint.

With each other. Through kindness and respect we can leave a trail of smiles.

With the metropolitan area and our rural environs. Through civic pride and being citizen activists we can energize our communities.

With our actions. How you live your life affects more than just yourself and the people around you.

With our thoughts. Stay positive.

Let's give back. Let's raise up our families and communities. Even though I am like an ant trying to move a mountain I embrace the task, for we are not defined by our limitations, but by our efforts.

Each person makes a difference, but we are stronger together. Strength in community. The collective group is stronger than the individual will. We need each other.

We are not asking for donations of money, but for donations of goodwill, thoughtfulness and caring. Nor do we ask you to sign a petition, but you sign on through caring and unselfish behavior.

We have strong images in yoga: mountain, tree, lion, cobra, and warrior. We cultivate strength, not so we can dominate others, but so that we can help others.

The rain, the soil and the sunshine help the plants to grow. An encouraging word from us, a reassuring touch, a supportive look, some kind help or a warm smile can be very nurturing to others. Let's shine! When you open your heart I see that you are shining already. I feel it from your heart that you are giving already. I hear it in your words that you care. Let's make this a shining, caring community!

Spread happiness. Life is more about giving than getting; more about sharing than taking. Let the voice of love be greater than the voice of the ego.

TEACH
PEACE

