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Heartsong yoga daily schedule

Coda Yoga Studio139 E Capitol Dr. Suite 7, Hartland, WI 53058 manager@codayoga.com or lara@codayoga.com Heartsong YOGA Studio: Monthly schedule for class NOTE: Heartsong YOGA Studio is now closed temporarily. Please come back for upcoming updates. Send each and every positive, healing, nurturing life force energy. First of all, you and your family can be healthy, safe and protected. Together we can continue to support each other, this global community; and let's flatten this basket together with thought and purpose. In times of uncertainty, we must hold on to the practice that keeps us whole and peaceful and calm. Remember to take a break, to sit still and meditate. Here's a lovely simple meditation (you might want your diary and a pen by your side): Sit comfortably with as much support, cushioning as you need, to sit high with an upright spine. Float your eyelids lightly over your eyes. Take the time to relax your jaw, eyes, shoulders, arms and hands, torso, hips, legs and feet. Give you attention to your breath. Rest your simple attention to the feelings created by the gentle expansion and release of your stomach when breathing comes in and flows out of your body. Embrace the feeling of just being. You may experience being like an inner feeling of heat, or a presence in your stomach, heart or other parts of your body. Keep your attention to these feelings when you open your eyes and read the following terms commonly used to describe being. (do any of these words describe your personal experience?): PEACEFUL.... Calm.... Loving.... Secure..... HEART-CENTERED ... EASEFUL Grounded... Connected... Spacious... BALANCED. Maybe write down a few words that best describe your own sense of just being. Being natural to all of us, but often, we don't take the time to just experience the presence and vitality to be. Taking this time, this airy break in your time, opens a doorway for you to feel immutable inner peace, calm, equanimity, security, compassion, generosity, Gratitude, Joy & LOVE. Invest in a practice as sweetly simple as this gives us; Tools to live to the fullest, Tools for managing stress, tools of judgment, Tools to remember our own Amazing Vibrant Spirit, Tools for the willingness to offer our truth, our strength, Tools to connect with the ways each of us are brave warriors- Warriors who are willing to be fully engaged in life, who look to the light within, and who see our blessed pairing, our global family-one heart, a love. Continue to shine your light, to be strong, peaceful and calm. CONTINUE TO IMMERSER YOURSELF IN PRACTICES THAT NOURISH YOU PHYSICALLY, MENTALLY, EMOTIONALLY AND ALL THE WAYS INSPIRE YOU TO BE YOUR LIVING TRUE SELF. NAMASTE, ABOUT Shanti Shanti With Love- Elizabeth..... A message to our members and customers about COVID-19: Heartsong Yoga Studio and World Boutique is open and running our regular schedule classes whenever possible. The calendar can be updated through the month as needed, so please check the calendar before coming to class. The health of our members, customers and the community is important to us. To help limit the spread of the COVID-19 virus, we increase the frequency of cleaning and sterilization of high-use areas in the studio and store. We also remove towels from the bathroom and replace with paper towels. Further signage has been placed around the studio reminding patrons and instructors to often wash their hands with soap and water, avoid touching your face and sneeze or coughing into your arm. How can you help? Bring your own mat, blocks, straps, blankets from home whenever possible. Please clean and disinfect your mat before bringing it into the studio. Wash and sanit your hands often Place your mats 2 meters apart Stay at home if you are not feeling well, have fever or cough We are grateful for your ongoing support and thank you for your understanding during this time. If you have any questions or concerns, please contact us at (613) 433-7346. Month March Classes: Mindful Mondays: 9:10:15 pm: Gentle YOGA L1 4:30 pm - Pilates CORE on the Mat (* No class on March 16/20) 6-7:15pm Slow-Flow YOGA (Heartsong's 'Signature' Yoga Experience) (Holly O'Neill returns from school to teach on Monday Mar. 16, at 18:00- do not miss this class!!) Groovy Tuesdays: 6:15- 7:30 p.m.: Variety Night- Either Empowering Vinyasa YOGA, or Pilates CORE Condition at Food Warm Welcoming Wednesdays: 9:10:15 Slow-Flow YOGA L 1-2 4:45-6 p.m.: Pilates Level 2: Every other week it sates Pil On the Mat, or Pilates at the Big Body Ball (beginning with Pilates on the Food March 4) 6:30 to 7:45 p.m.: Every other week- it's either Gentle YOGA or YOGA SPA- Yin YOGA with HOT STONES (begins with Gentle YOGA on March 4) Very good Thursdays: 6:15-7:30 pm: Slow-motion Flow YOGA Fruitful Fridays: 9:30 -10:45: "Empowering Vinyasa YOGA/ Power YOGA L 2 Sparkling Saturdays: 9am-10:15 am: Slow-Flow YOGA L 1-2 * Special Saturday Workshop / Day Retreat: Saturday, March 28/20. Please see the Happenings page for more information. * L = Level L1: Beginners, milder class. L 1-2: For those with or without prior experience. We offer and modify suggestions in each class. L2: For the experienced athlete, but again, options are always offered and participants are encouraged to pay attention to smooth smooth breathing throughout the class. If your breath is good- you're good! Heartsong's Enthusiastic Team of Instructors for March is: Annie Gervais * Courtney Walsh * Holly O'Neill * Judith Gilchrist Lillian Dunbar * Stephanie Dinan * Elizabeth Hagan Peace, Love & Joy - Elizabeth *** Heartsong School of Teacher Training & Certification- see the 2019-2020 program on our teacher training page on this site. HEARTSONG YOGA Studio – Become strong and flexible, calm and relaxed; Learn to deal with stress and emotions, positively affect your other fitness Make healthier lifestyle choices; Breathe peace into your life... ... YOGA & Pilates Energy * Strength * Flexibility * Balance and harmony * Peace of mind Mild YOGA * Slow-Flow Vinyasa YOGA * Power-Vinyasa YOGA * Vinyasa-YIN Yoga Combo * Pilates-YOGA-Fusion Pilates CORE Matwork * Pilates CORE on BODY BALL. Heartsong offers you a team of certified and enthusiastic instructors! Dorothy Annie Judith Holly Stephanie Bonnie McIntrye Elizabeth Hagan YOGA your life and love pilates! Check out our amazing instructors for 2017-18 (They've all taken their training here at Heartsong!) Lizzie: well she's still in there inspiring Heartsong members in both YOGA & Pilates, after over 4 decades of instructing!!! With Peace, Love & Joy, -Elizabeth Set up an account (free) to access the classes. You will see Zoom Live Stream Classes AND/OR In-Studio classes (In-Studio classes are very small, limited students, with social distancing and all MA Govt. protocols in place.) We zoom and hold these classes at the same time, Hybrid. Some classes are just Zoom, and some will only be in the Studio. Select your class from the schedule and purchase a pass, single class or package/membership. These classes are at a special introductory speed, as we train the kins and all get comfortable with Punchpass, Zoom and Hybrid Classes. Schedule and prices are subject to change. Punchpass will send you a confirmation email after you have registered for your class. For Zoom Live Stream, Punchpass will send you an additional 15 minutes before class starts with a link for you to click on to access the course. Share Facebook Sennit on WhatsApp/Schedule: Live Stream & In-Studio Check out the class calendar, here. Pre-registration required for all classes Small limited class size due to MA State Protocols. Some classes will remain Zoom Live Stream OnlyMost will have small In-Studio classes the same time as Zoom Live Streamed! We call these Hybrid Classes Live Stream classes held on the Zoom platform, download free Zoom App here. Punchpass is our new studio software designed to help us deliver all classes to you. You can add punchpass to your phone as a mobile app, here. Please read our COVID-19 Policy here. Go to Punchpass to set up your account. There are new introductory awards for all classes. Prices may change in the future. Holiday gift cards available on line: Visit here. We're open: Check out the full class plan, here! Pre-registration is required for all classes, masks are mandatory. You need to pre-register before you go to class.... on Punchpass, see below. Small limited class size due to MA State Protocols. In-Studio classes will be held while we Zoom Live Stream to those at home, at the same time, as Hybrid classes. Some courses remain Zoom Live Stream only. PunchpassWe have crossed the platform called Punchpass to manage our Live Stream classes with Zoom and for all pre-registration for If you had had active class card or membership with us on March 15th, you should be in the system already. Just set up your account and password to access your schedule. New Student Special: Unlimited Zoom Live Stream Classes, \$30, in 2 Weeks. Only for new students. Buy here. Heartsong Yoga is your community resource for health and wellness Established in 1993, Heartsong is a welcoming place for every-body to learn about yoga, meditation, mindfulness and healthy lifestyle. Heartsong organizes programs with our vibrant staff of skilled and experienced teachers, bringing students together to support each other in their quest for ill health and well-being. Offering the heart of Kripalu Yoga and the strength of Ashtanga Vinyasa Yoga Rich authentic traditions inform all classes at Heartsong Yoga. You can find the compassionate heart of Kripalu Yoga, perfect for the new student and anyone looking for rest, relaxation and lightness, and the strong and vibrant energy of Ashtanga Yoga, Vinyasa and Flow classes for those looking for a warm, athletic, more physical yoga practice. More than just training, Heartsong offers a holistic practice that helps you calm your thoughts and determine your emotions, while strengthening, stretching and toning your body. Body.