

SANTOSA STUDIO ONLINE

Monday, November 30	
8:30 a.m.: Classic Strength plus Circuits	Strength training format using isometrics, dynamic tension, body weight, and/or free weights (or whatever you have about) in circuits or straight sets of 8 to 15 repetitions. Sample exercises: chest press, kneeling row, military press, lateral lifts, bicep curl, skull crusher. <i>Optional equipment: free weights, bands, fusion ball, balance disc, or stability ball.</i>
Tuesday, December 1	
8:30 a.m.: NEW SERIES!!! Chakra Focused Flow #6: Brow Chakra/Ajna	Yoga practice flavored with a focus on classic energy centers. Postures are performed with suggested imagery, colors, sounds, and qualities associated with the chakras. The session culminates with guided meditation/visualization. Sample: Alternate nostril breath.
Wednesday, December 2	
8:30 a.m.: Gentle Yoga for A Healthy Back	Practice dedicated to strengthening the trunk and lower body. Most of the practice takes place on the floor in kneeling, all fours, seated, and supine postures. Ends with breath work and guided relaxation. Sample sequence: Cat/cow to child's posture.
Thursday, December 3	
8:30 a.m.: Lower Body and Core	Strength training format using isometrics, dynamic tension, body weight, and/or free weights. The session focuses on awareness and strength of lower body and trunk integration through some traditional and some nontraditional strength exercises. <i>Optional equipment: free weights, bands, fusion ball, balance disc, or stability ball.</i>
Monday, December 7	
8:30 a.m.: Classic Strength plus Circuits	Strength training format using isometrics, dynamic tension, body weight, and/or free weights (or whatever you have about) in circuits or straight sets of 8 to 15 repetitions. Sample exercises: chest press, kneeling row, military press, lateral lifts, bicep curl, skull crusher. <i>Optional equipment: free weights, bands, fusion ball, balance disc, or stability ball.</i>
Tuesday, December 8	
8:30 a.m.: Vignette Yoga and/or Slow Flow Yoga	VIGNETTE: Flowing asana practice focused on small sequences or vignettes. Practice includes flowing standing to kneeling, seated and supine postures. Ends with breath work and guided relaxation. Sample sequence: Extended mountain to chair (squat) to extended mountain to helicopter (standing twist). SLOW FLOW: Fluid asana practice focused on the connection between postures. Practice includes flowing standing to kneeling, seated and supine postures. Ends with breath work and guided relaxation. Sample sequence: Sun God flow to Warrior 2 to Triangle.
Wednesday, December 9	
8:30 a.m.: Focused Balance	Session devoted to exploring stability while focusing on exercises that explore and improve lower-body muscle strength, visual input, neck flexibility and ankle dexterity.
Thursday, December 10	
8:30 a.m.: Yogic Strength	Challenging full sun salutations and warrior flows with focus on building strength through loading and the connection of body awareness. Free weights are used in the practice.

Suzanne M. Best, C-IAYT • E-RYT® 500

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