

Summer Yoga and Dance 2020

Lake Johnson Park: Thomas G Crowder Woodland Center



All Levels Yoga

Ages 18+ Unwind the body and mind after a long day with Yoga! In this class we'll develop strength, flexibility and focus. We'll start with conscious breathing and gentle stretching then progress to more active fluid yoga practice. Expect to be gently challenged and to leave feeling refreshed, relaxed and centered. Modifications for poses will be offered so students can work at the appropriate level for them. All levels of yoga experience welcome.

Certified yoga instructor: Jenny Turnage.

Resident: \$60 / Non-Resident: \$75

Thursdays 6:30 - 7:30pm

#254778 June 11 - July 16

#254779 July 30 - August 3

Therapeutic Renewal Yoga

Ages: 16+ Stretch. Breathe. Release tension. Thought you could not do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques and relaxation practices. TJ Martin is a registered yoga teacher at the 500-hour level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Yoga Retreats since 2005.

Resident: \$80 / Non-Resident: \$95

Tuesdays 9:30 - 11am

#253710 May 12 - June 30

#253711 July 14 - August 1



Advance registration required. Register online at recklink.raleighnc.gov

PARKS, RECREATION
AND CULTURAL
RESOURCES

Lake Johnson Park
Thomas G Crowder Woodland Center
5611 Jaguar Park Drive
Raleigh, NC 27606
919.233.2121

Summer Yoga and Dance 2020

Lake Johnson Park: Thomas G Crowder Woodland Center



MELT Introduction Workshop

Ages: 18+ Become your own Hands-Off Bodyworker with the MELT Method, a revolutionary self-treatment that can help you feel better-- even if you've had chronic pain for years. Using a MELT Soft Roller and small MELT Hand and Foot Treatment Calls, discover how to rehydrate connective tissue and allow the body to release long-hold tension. Many of us carry this tension in the lower back, neck and shoulders, often originating from repetitive movements and compromised postures of daily living. Expect to leave this class feeling as if you have had a massage, moving better and more aligned.

Resident: \$25 / Non-Resident: \$40

#255133 May 2 Sa 10am - 12pm



MELT

Ages: 18+ Come join a MELT class and experience changes in how your body looks and feels. The MELT method is a simple, self-treatment that reduces chronic pain and helps you stay healthy and active. This all-levels class will use specialized soft body rollers and small MELT Hand and Foot Balls to rehydrate connective tissue and allow the body to release long-held tension. Repetitive movements and postures of daily living can create common aches and pains in the neck, low back, hips and shoulders. MELT helps improve alignment, athletic performance, and keeps your whole body feeling great at any age. Not an exercise class or yoga class, however there is a mind-body component. You will need to be able to get on and off the floor for this class. Please bring water and a yoga mat if you have one. Yoga mats are available for use if needed. All props are provided for use during the class.

For more information and/or questions about MELT please visit www.foodfityoga.com/melt-method or email instructor Jenny@foodfityoga.com

Resident: \$20/ Non-resident: \$35

#258206 March 31 Tu 6-7 pm

#258207 April 14 Tu 6-7 pm

#258212 May 13 W 6-7 pm

#258214 June 9 Tu 6-7 pm

#258216 July 14 Tu 6-7 pm

#258218 August 11 Tu 6-7 pm

#258208 April 28 Tu 6-7 pm

#258213 May 27 W 6-7 pm

#258215 June 30 Tu 6-7 pm

#258217 July 28 Tu 6-7 pm

#258219 August 25 Tu 6-7 pm

Advance registration required. Register online at recklink.raleighnc.gov

PARKS, RECREATION
AND CULTURAL
RESOURCES

Lake Johnson Park
Thomas G Crowder Woodland Center
5611 Jaguar Park Drive
Raleigh, NC 27606
919.233.2121

Summer Yoga and Dance 2020

Lake Johnson Park: Thomas G Crowder Woodland Center



Ballroom Dance 101

Ages: 16+ Have you ever wanted to learn how to Waltz, Swing dance, do the Tango, Foxtrot, or Rumba? Come join us at the Thomas G Crowder Woodland Center and learn these dances. Each class will include instruction from our dance instructor. With all kinds of different styles offered, you can pick and choose what you would like to learn. *Instructor: Ian McAreavy*

Each class costs \$10/participant. Classes are held Saturdays from 9 - 10:15am and 10:30 - 11:45am. See below for dates and dance styles of each class.

Saturdays 9 - 10:15am

April 4	#253463	Foxtrot
April 11	#253464	Rumba
April 18	#253466	Swing
April 25	#253468	Foxtrot
May 2	#253376	Waltz
May 9	#253378	Tango
May 16	#253380	Rumba
May 23	#253382	Swing
May 30	#253384	Foxtrot
June 6	#253387	Waltz
June 13	#253389	Tango
June 20	#253391	Rumba
June 27	#253393	Swing
July 11	#253395	Foxtrot
July 18	#253397	Waltz
July 25	#253399	Tango
Aug 8	#253418	Waltz
Aug 15	#253420	Swing
Aug 22	#253422	Foxtrot
Aug 29	#253424	Waltz



Saturdays 10:30 - 11:45am

April 4	No Class	
April 11	#253465	Waltz
April 18	#253467	Tango
April 25	#253469	Rumba
May 2	#253377	Swing
May 9	#253379	Foxtrot
May 16	#253381	Waltz
May 23	#253383	Tango
May 30	#253386	Rumba
June 6	#253388	Swing
June 13	#253390	Foxtrot
June 20	#253392	Waltz
June 27	#253394	Tango
July 11	#253396	Rumba
July 18	#253398	Swing
July 25	#253400	Foxtrot
Aug 8	No Class	
Aug 15	#253421	Tango
Aug 22	#253423	Rumba
Aug 29	#253425	Swing

Advance registration required. Register online at recklink.raleighnc.gov

PARKS, RECREATION
AND CULTURAL
RESOURCES

Lake Johnson Park
Thomas G Crowder Woodland Center
5611 Jaguar Park Drive
Raleigh, NC 27606
919.233.2121