### Mind Body Movement Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
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</tr>
<tr>
<td>6:00-7:00am</td>
<td>Yoga Level 1</td>
<td>Zo</td>
<td>Dayani</td>
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<tr>
<td>9:30-10:30am</td>
<td>Yoga for Back Care</td>
<td>Rachel</td>
<td>VCIH</td>
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<tr>
<td>4:00-5:00pm</td>
<td>Gentle Yoga</td>
<td>Nancy</td>
<td>VCIH</td>
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<tr>
<td><strong>Tuesday</strong></td>
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<tr>
<td>7:00-8:00am</td>
<td>Gentle Yoga</td>
<td>Blair</td>
<td>VCIH</td>
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<tr>
<td>10:30-11:30am</td>
<td>Gentle Tai Chi</td>
<td>Rusty</td>
<td>Dayani</td>
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<tr>
<td>11:30-12:40pm</td>
<td>Gentle Yoga</td>
<td>Kaaren</td>
<td>Dayani</td>
</tr>
<tr>
<td>2:00-3:00pm</td>
<td>Tai Chi</td>
<td>Rusty</td>
<td>Dayani</td>
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<tr>
<td><strong>Wednesday</strong></td>
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<tr>
<td>6:00-7:00am</td>
<td>Yoga Level 1</td>
<td>Beth</td>
<td>Dayani</td>
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<tr>
<td>9:30-10:30am</td>
<td>Yoga for Stress Relief</td>
<td>Rachel</td>
<td>VCIH</td>
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<tr>
<td>9:30-10:15am</td>
<td>Ai Chi</td>
<td>Barb</td>
<td>Dayani</td>
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<td>4:00-5:00pm</td>
<td>Gentle Yoga</td>
<td>Ali</td>
<td>VCIH</td>
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<tr>
<td>5:30-6:30pm</td>
<td>Yoga Level 1</td>
<td>Susan</td>
<td>Dayani</td>
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<td>5:30-6:30pm</td>
<td>Yoga for Back Care</td>
<td>Mari Beth</td>
<td>VCIH</td>
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<td><strong>Thursday</strong></td>
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<tr>
<td>7:00-8:00am</td>
<td>Gentle Yoga</td>
<td>Clyde</td>
<td>VCIH</td>
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<tr>
<td>11:30-12:30pm</td>
<td>Gentle Tai Chi</td>
<td>Rusty</td>
<td>Dayani</td>
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<tr>
<td>2:00-3:00pm</td>
<td>Tai Chi</td>
<td>Rusty</td>
<td>Dayani</td>
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<tr>
<td>4:00-5:00pm</td>
<td>Gentle Yoga</td>
<td>Emily</td>
<td>VCIH</td>
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<tr>
<td>4:00-5:00pm</td>
<td>Healing Qigong</td>
<td>Kathy</td>
<td>Dayani</td>
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<td><strong>Friday</strong></td>
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<tr>
<td>6:00-7:00am</td>
<td>Yoga Level 1-2</td>
<td>Clyde</td>
<td>Dayani</td>
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<td><strong>Saturday</strong></td>
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<td>9:00-10:00am</td>
<td>Gentle Yoga</td>
<td>Jane</td>
<td>VCIH</td>
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<tr>
<td>11:30-12:30pm</td>
<td>Yoga Level 1-2</td>
<td>Zo</td>
<td>Dayani</td>
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<tr>
<td><strong>Sunday</strong></td>
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<tr>
<td>4:00-5:15pm</td>
<td>Restorative Yoga</td>
<td>Blair</td>
<td>VCIH</td>
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</table>

- Dayani members may take classes at either location at no extra cost.
- All weekly classes $10 to drop-in at Dayani and $14 drop-in at VCIH.

Dayani Center: 1500 Medical Center Drive, Nashville, TN 37212 [www.dayanicenter.org](http://www.dayanicenter.org)
VCIH: 3401 West End Ave, Suite 380, Nashville, TN 37203 [www.vcih.org](http://www.vcih.org)
*Please arrive 5-10 minutes before class to speak with your instructor if you have particular health concerns or questions.*

**Gentle Yoga** is designed for those who would like a slower paced class focused on creating balance in the body through developing both strength and flexibility. Students will learn gentle movements, postures, slow deep-breathing, meditation, and relaxation at one’s own pace. These classes are slow and emphasize taking care of one’s own body. *Appropriate for individuals of any ability and those with all medical conditions. Instructors are able to show modifications for each pose and for all medical conditions.*

**Yoga Level 1** is designed for those who would like to build health in the body through strength, flexibility, stamina, and balance. Students will learn healthy and healing body alignment in and through yoga poses—breaking poses down so that new or refreshing students can understand how classical yoga postures work and how to implement them in a home practice. Students learn breath awareness and the therapeutic benefits of synching movement with breath. *Appropriate for individuals interested in a traditional yoga class, including first time students. Instructors are able to show modifications for each pose and for general health concerns.*

**Yoga Level 1-2** is designed for those who would like to refine and build on their understanding of foundational yoga postures such as standing poses, seated postures, forward bends, twists, chest openers, and more. This class continues to focus on basic alignment taught at Level 1 with an emphasis on subtle adjustment that allows for a deeper understanding of the healing benefits of yoga. *Appropriate for individuals who have taken yoga classes at Level 1 for 3 to 6 months. Instructors are able to show modifications for each pose and for general health concerns.*

**Restorative Yoga** focuses on relaxation and breathing in a manner meant to “restore” the body and bring it back into balance. Each class will emphasize comfortable poses—created with the support of props and held for a long period of time—allowing students to rest and relax more deeply. Most poses are done on the floor with meditation cues focused on breathing and visualization. This class is especially beneficial for those suffering from stress and anxiety. *Appropriate for individuals of any ability and those with all medical conditions. Instructors are able to show modifications for each pose and for all medical conditions.*

**Tai Chi** is a special Chinese martial art that includes a series of slow movements which cultivates internal energy and the development of balance. Tai Chi has been referred to as a moving meditation and a powerful key to relaxation, stress reduction, strength building, and concentration. It encompasses several styles or forms, each originating from three main branches named after their most famous proponents (Yang, Chen, or Wu). Instructor LiJun Ma teaches simplified Yang style; Instructor Rusty Rust teaches Cheng Man-Ching Yang style short form. *Appropriate for individuals of any ability provided they are able to stand independently.*

**Healing Qigong** is an hour of gentle movement, breath, and stillness that nurtures non-judgmental awareness and a kind relationship with body and self. This class will focus on qigong practices that still the mind, connect with the body, and soothe the heart. Practices induce a relaxation response that may positively impact the immune system, inner strength, and vital energies. Holding the body and self in compassionate loving-kindness is an important aspect of creating the conditions needed to optimize the body’s natural healing ability. *Appropriate for individuals of any ability and those with all medical conditions.*

**Ai Chi** is a water movement and relaxation program which can be enjoyed by anyone, irregardless of fitness level or mobility, including those living with chronic illness, pain, or anxiety and who are so in need of movement activity for wellness. Swim skill are not required; hair and eye wear will not be soaked. Each flowing warm water session will calmly meet individuals exactly as they are. *Appropriate for individuals of any ability and those with all medical conditions.*