



May 2021

Yoga @ Causeway 2021

This year Yoga will have several options. While we have the return of Heather Murray, we also have the addition of Phoebe Barnes. Please refer to your calendar for days and times but please remember you will need to sign up directly with them. Again, while the State of Maine has lifted all mandates regarding gatherings and masks, please respect Heather and Phoebe as to their particular requirements regarding masks and spacing.

Heather Murray

Outdoors by the Pool

No vaccination required, masks optional, limited capacity

Wednesdays 8:00-9:15am (possible rain date of Thursdays)

Indoors in the Red Barn

Vaccination required - show proof at first class, masks optional, limited capacity

Fridays 9:00-10:30am

All classes require pre-registration on Heather's website (link below). No drop-ins permitted this season due to Covid restrictions. Classes are \$21 and are non-refundable/non-transferable as space is limited. If you would like to get on a wait list for a class that is full, please text Heather at 207-669-5313 or email and include your cell number. Her email is: heather@heathermurray-jeweler.com.

All details on registration and Covid protocol can be found at Heather's website address below

<https://www.heathermurray-jeweler.com/yoga-in-bar-harbor/>

Hatha Vinyasa Yoga

Hatha Vinyasa Yoga combines physical practice with inner contemplation. This dynamic class flows through postural sequences at a slow and steady, yet intentional pace using the breath as a guiding force. Attention to body alignment and where we place our mind in the moment weave together to provide a holistic, mind-body-spirit experience.

Heather enjoys offering a practice that allows both beginners and experienced students to moderate the level of intensity to honor the intelligent edge of their bodies. The Yoga postures, breathing techniques, and other tools of the practice teach us to engage in deep presence with what is and tap into the wisdom of the heart.

Biography

Heather has been teaching Yoga for 14 years here on MDI, her year-round home. This year marks her 4th season teaching at the Causeway Club. With a background of practice and study in many different traditions of Yoga, she assimilates these influences to offer her students a rich and heartfelt experience. She considers Yoga a true gift to help us remember who we are.

Phoebe Barnes

Outdoors by the Pool

No vaccination required, masks optional, limited capacity

Mondays 8:00-9:15am

Please contact Phoebe directly at fibi2@mac.com for details. All classes are \$20. A website with additional information will be available shortly.

Class Description

Yoga & Nature

In a world of disconnection and imbalance how do we re-align ourselves with the wisdom of Nature? Yoga, at its roots, is designed to connect us to our essential natural Selves, and reconnecting to Nature is vital to heal and restore personal and collective balance.

This multi-leveled class brings the healing power of Nature into our practice. Taking place on the shores of Norwood Cove with the wind, the sky, and the ocean this class aims to center and inspire.

The pace is slow and steady. The practice starts with warming poses first, and then offers salutations and standing or seated pose sequences. The physical asanas are a means for de-stressing and emptying so that we can embrace Nature's offerings for connected living off the mat.

Biography

Phoebe Barnes has over 20 yrs experience teaching yoga privately and in-class at fitness clubs, including the "Y", her own studio in MA and at Harbor House in Southwest Harbor. She is trained in a variety of Yoga Traditions and has evolved her own style exploring both the body landscape and the inner landscape of the mind and heart. A year round resident of MDI, she is thrilled for the opportunity to teach outside at the Causeway Club.

Please join us for the journey.