

Ascension Healing Center

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30a Energizing Daytime practice 11a Energizing Daytime practice	2 6pm: New Year Release & Renew	3 6pm: Guided Breathwork & Sonic Journey	4 10am Energizing Daytime practice 11:30a Energizing Daytime practice 1p Chakra Series 5:30 pm Unwind and Align
5 9am Energizing Daytime practice 10:30a Energizing Daytime practice 1:30p Chakra Series 5p Chakra Series 6:30pm Unwind and Align	6	7	8	9	10 6pm: Guided Breathwork & Sonic Journey	11 10am Energizing Daytime practice 11:30a Energizing Daytime practice 1p Chakra Series 5:30 Full moon practice
12 9am Energizing Daytime practice 10:30a Energizing Daytime practice 5p Chakra Series 6:30 Full moon practice	13 9:30a Energizing Daytime practice 11a Energizing Daytime practice 6pm Unwind and Align 7:15p Full moon practice	14 6pm: New Year Release & Renew 7:15p Full moon practice	15 9:30a Energizing Daytime practice 11a Energizing Daytime practice	16 6pm: New Year Release & Renew	17 6pm: Guided Breathwork & Sonic Journey	18 10am Energizing Daytime practice 11:30a Energizing Daytime practice 1p Chakra Series 5:30 pm Unwind and Align

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
19 9am Energizing Daytime practice 10:30a Energizing Daytime practice 5p Chakra Series 6:30pm Unwind and Align	20 6pm: Yin Yoga with Lydia	21 	22 	23 6pm: Acu-Yoga w/Lydia	24 6pm: Guided Breathwork & Sonic Journey	25 10am Energizing Daytime practice 11:30a Energizing Daytime practice 1p Chakra Series 5:30 pm Unwind and Align
26 9am Energizing Daytime practice 10:30a Energizing Daytime practice 5p Chakra Series 6:30pm Unwind and Align	27 9:30a Energizing Daytime practice 11a Energizing Daytime practice 6p Unwind and Align	28 6pm: New Year Release & Renew	29 9:30a Energizing Daytime practice 11a Energizing Daytime practice	30 6pm: New Year Release & Renew	31 6pm: Guided Breathwork & Sonic Journey	

Unwind & Align: a gentle practice designed to release stress, calm your mind, and restore your energy. Through soothing yoga flows, mindful breathwork, short, guided meditations, and sound healing vibrations, you'll create space to be more present for yourself and your loved ones.

Chakra Series: A transformative class designed to unblock and harmonize your energy centers through a blend of yoga poses, sound healing vibrations, guided meditations, and intentional breathwork. This holistic practice promotes emotional release, physical balance, and a deeper connection to your inner self, leaving you feeling aligned, refreshed, and energetically renewed. Each week focuses on a different chakra, offering practical tools and techniques that students can easily integrate into their everyday lives for lasting balance and well-being.

Energizing Daytime Practice: A revitalizing morning practice that blends breathwork, yoga, and meditation to cultivate inner calm, clarity, and strength.. This harmonious combination leaves you feeling centered, refreshed, and ready to embrace the day with focus and tranquility.

Guided Breathwork & Sonic Journey: Breathwork and Sonic Journey combines guided breathing techniques with the healing vibrations of sound instruments like singing bowls and gongs. This experience promotes deep relaxation, emotional release, and mental clarity by harmonizing breath and sound frequencies. Together, they create a meditative state, helping participants reduce stress, release tension, and restore balance to mind and body.

New Year Release & Renew: Start the year with a Release and Renew practice designed to clear away old energy and set the tone for a fresh, vibrant beginning. This class combines gentle yoga, guided meditations, sound healing vibrations, and breathwork to help you let go of the past, release stress, and invite new intentions.

Yin: Slow paced, meditative style of practice that focuses on passive stretching. Poses are held for longer periods of time, often using props, in order to reach deep connective tissues. This practice helps in improving flexibility, range of motion and circulation. It is also beneficial in reducing stress and anxiety, and helps to restore balance to the mind and body.

Acu-Yoga: Acupressure Yoga combines the healing principles of acupressure and yoga, using specific yoga poses and targeted pressure on energy points (acupoints) to improve energy flow, reduce pain, and promote relaxation.

