

ROCK LODGE NAKED YOGA SERIES



Rock Lodge is excited to announce that we are expanding our very popular yoga program to 12 classes throughout the summer. It is free to members, visitors and guests. The sessions will take place on the badminton courts. Saturday's classes will begin at 2:00 PM and Sunday's will begin at 11:00 AM. Participants should bring their own mats. We have 3 instructors who will be on a rotating basis. Their program, background information and schedule are as follows:

Instructors:

Kim – @nakedyogagoddess

Kim first started doing Yoga in her living room with Rodney Yee DVDs, in 2000, because that was the only way she could afford Yoga. Those videos inspired a new way of life, focus, and thought. She's certified in Bikram and Vinyasa Yoga she likes to joke, she can "hold and flow." Kim believes Yoga keeps her connected, rooted, and open to Divinity. Yoga: the union of mind, body, and breath, brings alignment and synchronicity into her life. Naked mirror work was an intuitive practice Kim used to help her find her way back to herself after the sudden transition of her mother. Being naked and practicing Yoga joined together became a tool, her map, through the labyrinth of life's journey. A way back to remembering "Self." On her Yoga mat, she learned to slow down and look at life...pose by pose. Today she brings sacredness to nakedness by creating a container for Human Beings to feel safe, loved and free to be naked and powerful. Accessing yoga as a gateway to change their focus from negative narratives about bodies and bring it back to unity and celebration between the mind, body, and soul.

Yoga and Tibetan Singing Bowls with Dawn

Dawn will guide you through an hour-long practice meant for all levels, all abilities. Yoga is for everyone. She'll begin with getting you in touch with your breath to draw you inward and help you move through a slow vinyasa flow. She likes to connect familiar yoga poses in new ways that move your body to discover your own natural rhythm.

The sound of nature will serenade us toward our final resting pose, savasana. She'll accompany nature with her Tibetan singing bowls using vibrations to balance our natural energy flow through vibrations to relax you from the inside out. Dawn has a zest for life. She's been practicing yoga for over 15 years (6 of which was naked) and is now RYT 200-hour certified,

trauma-informed and certified in chair yoga. She is also a sound healing practitioner in Tibetan singing bowls. She is a singer so you'll often chant OM at the end of each practice. She has a Hatha/Vinyasa style that includes flows and gentle stretching. Dawn teaches at a few clothed studios in NJ and is a regular instructor at Naked in Motion in NYC leading many of the all gender and semi-private classes. She loves sharing yoga – the breath, the movement and spiritual aspects – with people of all genders, ages, levels, and physical abilities. She was drawn to naked yoga as a way to promote body positivity, acceptance, and loves how we gain strength by sharing our vulnerability and uniqueness. Dawn encourages her students to celebrate themselves with each inhale that nourishes, and to relax with the power of each exhale.

Skyclad yoga with Nancy and Eric –skycladyoga@mail.com, yoginisisters2@gmail.com,
Skycladyoga Port Jervis NY FB

Nancy and Eric teach an open Hatha yoga class designed for all levels

Nancy is an ERYT 500 through Yoga Alliance. Nancy also is the owner and director of the Yoga Alliance 200RYS and 500RYS teacher training program, locations in PA and NJ. She has been practicing yoga for most of her adult life, and has taught yoga since 2008. She is also a Reiki practitioner and teacher at the Master level. When practiced fully, yoga can be a life transforming experience, which is what she hopes to bring to her students

Eric is an RYT 200, currently enrolled in the 500 RYS training program. He has practiced yoga for many years and has taught since 2017. Eric teaches an ashtanga style class based on the yoga sutras of Patanjali.

Together Nancy and Eric teach Naturist yoga in Ashland and Hawley PA

2019 Schedule of classes

Saturday June 1st – Dawn

Saturday June 8th – Nancy and Eric

Saturday June 22nd – Dawn

Sunday June 30th – Kim

Sunday July 7th – Dawn

Saturday July 13th – Nancy and Eric

Sunday July 21st – Kim

Saturday August 3rd – Kim

Sunday August 18th – Nancy and Eric

Saturday August 24th – Dawn

Saturday September 7th – Nancy and Eric

Sunday September 15th – Kim