

CV CENTER NEWS and SCHEDULES

Fall 2008



CLASS and BUILDING SCHEDULE

(September to December 2008)

<u>Monday</u>	7:00 - 8:00 am	Wake-up Yoga	
	10:00 - 11:00 am	Yoga for Women	
	1:00 - 2:00 pm	Open Meditation	
	4:00 - 5:00 pm	*Creative Dance (5 -7 year olds)	
	5:30 - 6:50 pm	Bellydancing through LBCC	
(art room)	6:30 - 7:30 pm	*Movement, Art, & Play	
<u>Tuesday</u>	6:00 - 7:00 am	Wake-up Yoga	
	10:00 - 10:45 am	*Creative Dance (3 - 5 year olds)	
	1:00 - 2:00 pm	Open Meditation	
	4:00 - 5:00 pm	*Creative Dance (7 -10 year olds)	
	5:30 - 6:30 pm	Gentle Yoga	
	7:00 - 8:15 pm	*Modern Dance and Choreography	
<u>Wednesday</u>	7:00 - 8:00 am	Wake-up Yoga	
	10:00 - 10:45 am	*Art for Pre-schoolers	
	1:00 - 2:00 pm	Open Meditation	
	4:00 - 4:45 pm	*Creative Dance (3 - 5 year olds)	
	5:30 - 6:30 pm	Family/Gentle Yoga	
	(art room)	5:30 - 7:00 pm	*Get Your Art On!
	6:30 - 7:30 pm	*Latin Aerobics	
7:30 - 8:30 pm	*Mixed Ballroom		
<u>Thursday</u>	6:00 - 7:00 am	*Wake-up Yoga	
	1:00 - 2:00 pm	Open Meditation	
	5:30 - 6:30 pm	Gentle Yoga	
	6:30 - 7:30 pm	*Bellydancing with Jody	
	7:30 - 8:30 pm	*Bellydancing with Jody	
	(art room)	7:00 - 8:30 pm	*Conversational Spanish
<u>Friday</u>	7:00 - 8:00 am	Wake-up Yoga	
	1:00 - 2:00 pm	Open Meditation	
<u>Saturday</u>	9:00 - 10:30 am	*Vinyasa/family Yoga	
<u>Sunday</u>	9:00 - 10:30 am	Open Meditation	

* classes must be registered through Albany Parks and Recreation



FALL CLOSURES

The CV Center will be closed **Thursday November 27th and Friday November 28th, 2008** for Thanksgiving. Winter Holiday will be **Saturday December 20th through Monday January 5th, 2009**. No classes will be held.

LISTENING MEDITATION

by

Mark Coleman

Find a place where you can listen to the sounds of nature, whether the rain falling, waves pounding, a stream trickling, leaves rustling, or crickets chirping. Sit comfortably or lie down. Close your eyes and pay attention to your breath. Simply feel the sensations of the in- and the outbreath, breathing naturally, letting the breath breathe itself. After a few minutes, turn your attention to the experience of hearing. Listen to the play of sounds. Attend to the song of the water or wildlife without thinking about the origin of the sound, letting go of any concept or image of “waves” or “stream” or “bird.” Each time you notice you have become lost in thinking, simply let the thoughts go and return to listening.

Take in the texture, tone, rhythm, and nuance of each sound. Notice if you feel the sound’s resonance in your body. Be attentive—as if listening to your favorite piece of music—settling back, simply abiding in the awareness of hearing. Be aware of the silence from which the sounds emerge and into which they fade.

Observe the calming, opening effect that listening in a meditative way has on your body and mind. Whatever happens, be aware of the moment without striving for a particular outcome or result.

Do this for 10 to 12 minutes and then slowly open your eyes. Practicing listening meditation regularly will help you to center yourself, step out of autopilot, and return to the potential joy of the present moment. Over time, you’ll be able to practice listening meditation in the middle of the city, in traffic, or even while children are playing. It’s a doorway to finding balance, presence, and ease in the midst of any situation.

(taken from *Yoga Journal*, September 2008)

