

## **Tuesday, May 4**

### **Alignment-Focused Yoga and Yoga Tune Up® (9:00 am – 10:00 am PDT)**

This hourlong class blends traditional alignment-focused yoga and Yoga Tune Up® and is appropriate for all levels. Modifications are offered for most poses; students should use props judiciously and appropriately.

Instructor: Dawn Adams

Dawn Adams (RYT-500, ERYT-200, YACEP, ZHealth R and I phase) has been teaching movement since 2009, became a certified Yoga Tune Up® teacher in 2011, and continues to deepen her personal practice and her knowledge of the human body through studies of human anatomy and movement. Movement has become an integral part of her life, especially because of its nurturing and centering aspects. Through practicing yoga and other disciplines, she has found that undoing is just as important as doing. In her teaching, she hopes to instill a sense of adventure and exploration, with a focus on finding balance and joy through practice.

Accessibility: modifications for seated & standing participants

Register via email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Seated Tai Chi (11:30 am – 12:30 pm PDT)**

Join Master Ralf for a continued instruction course. This class is open to all levels and abilities. This Tai Chi system improves strength, flexibility, coordination, balance, reduces stress, develops inner strength and equanimity!

Ralf Somack studied Quang Ping Yang style Tai Chi Chuan under the late Grand Master Y-C Chiang, Bagua and Hsing Yi under Master Dominick Ruggieri of China Hand Kung Fu Academy. He holds a Black Sash, 1st degree in Bagua and Taichi and is a Pushing for Peace Ambassador at Master Marilyn Cooper's Little River Kung Fu School. He is also Board Certified by the Tai Chi for Health Institute and has taught Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention program at numerous adult school programs, Vet and community centers and recreation departments throughout the Bay Area. Ralf is passionate about teaching the Chinese Internal Martial Arts to help people live healthier, less stressful lives by focusing on fundamental Tai Chi and Qi Gong principles of movement, body awareness, alignment and mental focus.

This is a BORP class. Registration

<https://us02web.zoom.us/meeting/register/tZwucOmhrDkjHdVe0p6VzHlrzb7M7iTGq9kv>

### **Inclusive Functional Strength Training (2:00 – 2:45 pm PDT)**

Trainer Rachel Kahn leads this 45-minute intermediate level class that includes a stretching and mobility warm-up, followed by integrative strength training. This class can be performed seated or standing with no equipment, or with home equipment including towels, soup cans, dumbbells, resistance bands, filled water bottles, medicine balls or other kinds of balls. (This class is suitable for blind or visual impaired athletes with some experience.)

Rachel Kahn is a Nationally Certified Pilates Teacher (NCPT), a Certified Strength and Conditioning Specialist (CSCS), and is in school to become a certified massage therapist (CMT). She has worked with people who have physical disabilities for over seven years. Rachel co-founded a nonprofit called No Limits Collaborative in 2015 that provided outdoor recreational activities and educational workshops for people with spinal cord injuries and other physical disabilities. She also helped in starting the Absolute Endeavor program at Absolute Center in Lafayette, which uses Pilates for people with physical disabilities. Rachel uses an amalgamation of strength training, Pilates, functional movement, floor work, and breathing techniques to help her clients re-establish the mind-body connection, re-train their nervous system, and reach their movement goals.

This is a BORP class; register

[https://zoom.us/meeting/register/uZwsceGorzsoTXzUPuCnQTR0mTqg2\\_ZMeg](https://zoom.us/meeting/register/uZwsceGorzsoTXzUPuCnQTR0mTqg2_ZMeg)

## **Wednesday, May 5**

### **Inclusive Contemporary Improv Dance (2:00 – 3:00 pm PDT)**

Explore and improvise through movement prompts, shapes, and phrases that celebrate the joy of inclusive community dance. Dance is for everybody- all ages, abilities, genders, and backgrounds are welcome. Our diversity will be our creative strength. You may dance while standing, sitting, on the floor, or from your bed. Feel free to travel around your space if that is available to you. Move as much or as little as you'd like and remember that you are the expert of your own body. Let's have fun, be curious, bold, silly, and free together. At the end of class you will be invited to unmute yourself to share something you have experienced while dancing. Participants are encouraged to use Zoom's Gallery View option with their video cameras on so that we can witness, interact, and respond to each other.

Instructor: Janice Laurence

Janice is a disabled dance artist, teacher, and performer currently based in Vancouver, Canada. She is passionate about inclusive and collaborative communities and celebrates diversity in movement as a strength. Janice is a joyful life long learner who values staying active and creating connections.

Accessibility: modifications for seated & standing participants

Register by email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Adaptive Chair Yoga (2:00 – 3:00 pm PDT)**

Learn new ways to feel better, including stretching, long easeful movements with conscious breathing, sensory awareness and YES laughing and giggling, chanting and meditation. All movements are designed and sequenced to reduce joint discomfort, stiffness, stress and fatigue, and increase resilience, flexibility and strength. This class is for everyone interested in feeling better!

Instructor: Nancy Yates

Nancy is a certified Arthritis Foundation instructor and began practicing after a ski injury 42 years ago, she's been teaching yoga for 24yrs. Nancy is on the faculty of the WHRC Sutter Health/CPMC. She introduced chair yoga to the SF LightHouse for Blind, SFVAMC, BORP, SF Main Public Library, she

teaches children at (CSB) CA School For The Blind. She has won awards for her teaching and development.

This is a BORP class; registration <https://us02web.zoom.us/meeting/register/tZAufuutqTMqE9CX-EURFKzyOWbSFkO5Sw09>

### **Move to the Beats (5:30 pm – 6:30 pm PDT)**

This fun, high-energy seated dance class taught by JanpiStar, introduces easy-to-follow choreography from a seated position done to Latin & Club dance music. Class is geared towards upper body and core strengthening. Get ready to move!

Instructor: JanpiStar

JanpiStar was born and raised in Puerto Rico where they worked with different artists performing in plays, dance performances and teaching movement workshops. JanpiStar moved to Oakland in January 2018 to join AXIS Dance Company and had the opportunity to work with artists like Robert Dekkers, Arthur Pita and Jennifer Archibald. Their most recent work was for QDF, “FROLIC” in 2019.

This is a BORP class; registration [https://zoom.us/meeting/register/vpcqfuCurDovC3amufsAHksz\\_aUv8ii7JA](https://zoom.us/meeting/register/vpcqfuCurDovC3amufsAHksz_aUv8ii7JA)

## **Thursday, May 6**

### **Mindful Movement (11 am – 12 pm PDT)**

Designed to improve everyday movement, this class will incorporate visual and vestibular training, joint mobilization, stretching, strengthening and body alignment. If your dealing with an injury or just want to feel better in your body, this is the class for you. Great for all levels of fitness! Props used, tennis balls or rolled up socks. (Suitable for low vision or blind participants).

Instructor: Rachel Kahn

Rachel Kahn is a Nationally Certified Pilates Teacher (NCPT), a Certified Strength and Conditioning Specialist (CSCS), and is in school to become a certified massage therapist (CMT). She has worked with people who have physical disabilities for over seven years. Rachel co-founded a nonprofit called No Limits Collaborative in 2015 that provided outdoor recreational activities and educational workshops for people with spinal cord injuries and other physical disabilities. She also helped in starting the Absolute Endeavor program at Absolute Center in Lafayette, which uses Pilates for people with physical disabilities. Rachel uses an amalgamation of strength training, Pilates, functional movement, floor work, and breathing techniques to help her clients re-establish the mind-body connection, re-train their nervous system, and reach their movement goals.

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## **Yoga for People with Disabilities & Chronic Conditions (2:00 pm – 3:30 pm PDT)**

In this class, you will learn to adapt popular yoga asanas for your individual needs, work with the breath for healing and calming, and adjust your yoga practice to where you are in the moment. There will be gentle movement, floor work, and supported standing poses as well as restorative poses. This class is for you...

- If you are recovering from an accident or illness
- If you have carpal tunnel syndrome
- If you have a mild case of MS or CP
- If you live with chronic pain
- If you have arthritis, fibromyalgia, Chronic Fatigue Syndrome
- All of the above, or other chronic conditions

Instructor: JoAnn Lyons

JoAnn Lyons began taking yoga classes in the very early 70's and finally began teaching yoga classes for people with disabilities in October of 1996 at the Cerebral Palsy Center (now known as Ability Now Bay Area) in Oakland, California as part of her Advanced Studies Program training at Piedmont Yoga Studio.

JoAnn believes that everyone can do yoga and has dedicated, well-trained assistants and volunteers who help her make the classes really special, fun and accessible to all. She has a unique ability to imagine the possibilities of asana (yoga poses) for her students and to see just where a student needs support or when she needs to get out of the way and let her student find the perfect pose.

[Podcast interview with JoAnn Lyons.](#)

Registration: <https://piedmontyogacommunity.org/events?task=civicrm/event/list&reset=1>

## **Homestyle Gentle Yoga (4:00 – 5:00 pm PDT)**

I am driven by curiosity, a need to learn about the world and the human experience. It is what drove me to be a documentary photographer/filmmaker and it is what has led to my study of yoga.

I teach slow vinyasa, gentle, prenatal and postnatal yoga classes that I strive to be accessible to all bodies, adapting the yoga to work for the body you are in now.

I began practicing yoga at my local gym in 2001 shortly after quitting smoking and was in need of a healthier way to calm my mind. There I found yoga, which has remained a constant source of strength and stability in my life. Through my yoga practice I have been able to recover from shoulder and knee injuries, and find healthy ways to live with arthritis and embark on a path to better self-knowledge.

The Homestyle Gentle Yoga class is aimed for all experience levels and bodies. A slow paced breath focused practice that can be tailored for where you are in the moment.

Type of Exercise: Flexibility

Accessibility: modifications for seated & standing participants

Suggested Equipment:

Chair, Yoga Strap (or something similar like a bathrobe tie, belt, leash)

Register via email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Hip Hop (5:15 pm – 6:00 pm PDT)**

Hip Hop dance is a variety of street dance styles brought up through urban culture. Hip Hop Dance is a style of dance with deep historical and social roots in African culture. It's a part of a whole culture of Hip Hop, which started in the 1970's in the Bronx, New York.

Instructors  
Troy Wilson

Ania Flatau has embraced dance and fitness for as long as she can remember. Originally from Colorado, this 32-year-old's passion for performing parallels her strong desire to build community, as Ania's ultimate goal is to show fellow wheelchair users how to pursue their dreams too! "I am an athlete, and I have a bachelor's degree in kinesiology with an emphasis in exercise science. I am also a Group X instructor for U-JAM Fitness," Ania shares. Her love of performing has taken Ania all over the world throughout her time as a competitive dance athlete, including a lengthy stay in Europe. With her family's help a few years ago, Ania discovered a two-week-long dance intensive course in Poland where participants trained for a world championship ballroom dance competition, While there, Ania trained for six hours a day on the dance floor and dedicated the rest of her time to learning and growing. In many ways, this sparked her desire to share her knowledge with her community.

This is a WDO class; register: <https://app.bookabl.io/wdo/schedule>

## **Friday May 7**

### **Bollywood (4:30 -m – 5:15 pm PDT)**

The Wheelchair Dancers Organization vision is to utilize dance as a vehicle to broaden opportunities and resolve issues of exclusion facing children and adults with physical challenges. Wheelchair dancing, with a standing dance partner, helps to mitigate the isolation that many disabled individuals experience each day of their lives.

Instructors: Lekha and Andrea

Registration is here: <https://app.bookabl.io/wdo/schedule>

### **Accessible Yoga (6:00 pm – 7:00 pm PDT)**

Chair yoga w/props and modifications, breathe work and small meditation.

Accessibility: modifications for seated & standing participants

Equipment: Chair

Instructor: Clarissa Hidalgo (RYT 200)

Clarissa received her yoga teacher certification in the Spring of 2017. She began practicing after being treated for Relapsing-Remitting Multiple Sclerosis in 2010, and experiencing mobility issues in 2012. Since the beginning yoga benefited her physically, yet since her training she realized the various emotional, mental, and wellness benefits of her practice. Receiving her BA in psychology

from the University of California, Merced in 2012, she was not only able to incorporate and recognize the various benefits of yoga physically and mentally, but tap into the mindfulness and self-healing powers as well.

Registration is through email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

## **Saturday May 8**

### **Contemporary Ballet (9:00 am – 10:00 am PDT)**

This contemporary ballet class is an opportunity for dancers to explore ballet to carve out space in the body and create a home there for self-expression and storytelling. Here, we will discover tools to help strengthen the body for the support of our exploration of the spine, choreography and improv.

Lesson plan: Class will begin with the dancers bringing awareness to their breath and energetic spine. I will guide the dancers as they explore arch, curls, contractions, spirals and lateral side bends. All movements that will help strengthen, stretch and mobilize core muscles and support us as we investigate the port de bras (carriage of the arms) through choreography and improv.

Accessibility: Please let us know if you have any access needs we should be aware of when you register for the class.

Currently we have Closed Captions (CC) for our classes but we are working on getting an ASL interpreter for our classes. If this is something you need, please make sure to indicate it, so we can make sure to support you.

Closed Captions – We now have Closed Captions (CC) on Zoom! You can either follow along the directions as CC or as a transcript.

Samantha Figgins (Washington, D.C.) began dancing at Duke Ellington School of the Arts under the tutelage of Charles Auggins and Sandra Fortune-Greene and attended summer intensives at Dance Theatre of Harlem under the direction of Arthur Mitchell. She continued her education at SUNY Purchase Conservatory of Dance. There, she performed works by George Balanchine, Bill T. Jones, Paul Taylor, and Twyla Tharp. Upon graduating cum laude, Ms. Figgins became a member of Complexions Contemporary Ballet, performing works by Dwight Rhoden, Jae Man Joo, and Camille A. Brown. She also performed at the 2014 DanceOpen Festival in St. Petersburg, Russia. Ms. Figgins was featured both on the cover of Dance Spirit magazine and in Pointe magazine's "10 Careers to Watch" in 2013. She has worked with Beyoncé and can be seen in the film Enemy Within alongside Tiler Peck and Matthew Rushing. Ms. Figgins joined the Company in 2014.

This is a Dance for All Bodies class; registration <https://www.danceforallbodies.org/events-1/all-abilities-contemporary-ballet-8>

### **Dance It Out Adaptive Fitness (10:00 am – 11:00 am PDT)**

Dance It Out (DIO) Adaptive was created by Billy Blanks Jr and adapted by Michele Jones. DIO Adaptive is an inclusive dance fitness class that will get you moving. Come exercise and have fun while dancing to over 20 styles of dance from around the world. Whether you are a walker (able-

bodied) or a roller (using a wheelchair) ou DIO Adaptive Program offers dance fitness for all levels of mobility, all ages and all levels of experience.

The Wheelchair Dancers Organization vision is to utilize dance as a vehicle to broaden opportunities and resolve issues of exclusion facing children and adults with physical challenges. Wheelchair dancing, with a standing dance partner, helps to mitigate the isolation that many disabled individuals experience each day of their lives.

Registration is through the link <https://app.bookabl.io/wdo/schedule>

### **Rumba with Tina (11:00 am – 12:00 pm PDT)**

Rumba with Tina is an upbeat and incredibly fun seated dance workout class for all ages and abilities! (A great class for everyone, including those who are blind or visually impaired.)

Instructor: Tina Ybarra

Tina travelled as a teenager with BORP all over the USA to compete in basketball and track & field, and you could always catch her with a boom box, socializing and dancing. Her love of dance and music led Tina to create a small dance group with her BORP teammates, *The Dynamics*. Now, 34 years later, Tina's passion for socializing, music and dance led her to create, *Rumba With Tina* a high-energy aerobic workout. The class creates a space for her to feel like a teenager again, while connecting with those who want to have some fun and exercise!

This is a BORP class; registration is through the link below.

[Podcast interview with Tina](#)

Registration: <https://zoom.us/meeting/register/v5wqdemspj0t6Hxrc0QkczCwRNIXzoOtA>

### **Yoga for People with Disabilities & Chronic Conditions (3:00 pm – 4:30 pm PDT)**

In this class, you will learn to adapt popular yoga asanas for your individual needs, work with the breath for healing and calming, and adjust your yoga practice to where you are in the moment. There will be gentle movement, floor work, and supported standing poses as well as restorative poses. This class is for you...

- If you are recovering from an accident or illness
- If you have carpal tunnel syndrome
- If you have a mild case of MS or CP
- If you live with chronic pain
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Instructor: JoAnn Lyons

JoAnn Lyons began taking yoga classes in the very early 70's and finally began teaching yoga classes for people with disabilities in October of 1996 at the Cerebral Palsy Center (now known as Ability Now Bay Area) in Oakland, California as part of her Advanced Studies Program training at Piedmont Yoga Studio.

JoAnn believes that everyone can do yoga and has dedicated, well-trained assistants and volunteers who help her make the classes really special, fun and accessible to all. She has a unique ability to imagine the possibilities of asana (yoga poses) for her students and to see just where a student needs support or when she needs to get out of the way and let her student find the perfect pose.

[Podcast interview with JoAnn Lyons.](#)

Registration: <https://piedmontyogacommunity.org/events?task=civicrm/event/list&reset=1>

### **Weekly Information & Motivation Session (4:00 pm – 5:00 pm PDT)**

Join us weekly during the month of the **May Movement Challenge** on Zoom or Facebook Live. Each session will include a Stretch, Discussion about Movement Practice Goals & Motivation, Sharing of Participant's Individual Movement Practices, as well as some fun and a randomly drawn prize.

Registration: <https://us02web.zoom.us/meeting/register/tZEud-2rpzMiHNLpqJMXqsJiUEiLh8MfW9LP>

## **Sunday May 9**

### **Movement in Mother Nature Day (All Day)**

Today is all about Mothers. Let's honor the greatest Mother of them all — Mother Nature!

You're encouraged to get outside and move in Mother Nature. Whether you walk-roll-stroll, breathe deep and savor the beauty. Get a good, healthy dose of Vitamin N.

Please share photos of you, and your Mother or Grandmother or any nurturing soul you choose, out and about in Mother Nature. Use the hashtag #MayMovementChallenge2021 on social media.

For inspiration, check out these podcast episodes about Nature: <http://glasshalffull.online/category/podcast/nature/>

## **Monday May 10**

### **Sit Fit (4:00 pm – 4:30 pm PDT)**

Nathan Perkins, a certified inclusive fitness instructor and former Paralympic athlete, leads this 30-minute class that is a combination of stretches, strength and cardio exercises all done in a seated position with or without weights. Great for all levels of fitness.

Nathan Perkins, EdD, ACSM-CIFT, is a certified inclusive fitness trainer. Nathan has taught several exercise classes involving individuals with physical disabilities for the past 20 years. Nathan is an adapted physical education instructor at De Anza College in Cupertino, California and received a master's degree in Kinesiology, emphasizing Sport Psychology/Skill Acquisition from California State East Bay in 2001. In 2008, Nathan received a doctoral degree in Education with an emphasis in Learning and Instruction from the University of San Francisco. Nathan was also a wheelchair track and field athlete who represented the United States in the discus and shot-put event(s) at the 1996

Atlanta Paralympic Games and at the 1994 IPC Athletics World Championships (now known as The World Para Athletics Championships).

This is a BORP class. To register, [https://us02web.zoom.us/meeting/register/tZUod-GhqD0uGddJWBRmE1eBW\\_XJ16I44r0Y](https://us02web.zoom.us/meeting/register/tZUod-GhqD0uGddJWBRmE1eBW_XJ16I44r0Y)

## **Tuesday May 11**

### **Alignment-Focused Yoga and Yoga Tune Up® (9:00 am – 10:00 am PDT)**

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Instructor: Dawn Adams

Dawn Adams (RYT-500, ERYT-200, YACEP, ZHealth R and I phase) has been teaching movement since 2009, became a certified Yoga Tune Up® teacher in 2011, and continues to deepen her personal practice and her knowledge of the human body through studies of human anatomy and movement. Movement has become an integral part of her life, especially because of its nurturing and centering aspects. Through practicing yoga and other disciplines, she has found that undoing is just as important as doing. In her teaching, she hopes to instill a sense of adventure and exploration, with a focus on finding balance and joy through practice.

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Rachel Kahn is a Nationally Certified Pilates Teacher (NCPT), a Certified Strength and Conditioning Specialist (CSCS), and is in school to become a certified massage therapist (CMT). She has worked with people who have physical disabilities for over seven years. Rachel co-founded a nonprofit called No Limits Collaborative in 2015 that provided outdoor recreational activities and educational workshops for people with spinal cord injuries and other physical disabilities. She also helped in starting the Absolute Endeavor program at Absolute Center in Lafayette, which uses Pilates for people with physical disabilities. Rachel uses an amalgamation of strength training, Pilates, functional movement, floor work, and breathing techniques to help her clients re-establish the mind-body connection, re-train their nervous system, and reach their movement goals.

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## Wednesday May 12

### **Brain/Body Hybrid Fitness (2:00 pm – 3:00 pm PDT)**

This Adagio Wellness class is designed to build strength, increase circulation and improve alignment. It merges a variety of modalities that may include body conditioning, joint mobility, interval training, brain/body exercises and body percussion all while maintaining a non-impact base to preserve spine health.

Class may include isolations, stretching, opposition training, coordination, cardio conditioning and balance work. Each class is different, keeping participants alert and strengthening mindfulness while moving to uplifting music. Former participants boast that this class improves their balance, posture, mood, energy levels and their reflexes. Personal modifications options available based on needs/goals of participants/group. All levels are welcome!

Instructor: Dianna Rowley

Type of Exercise: combines coordination, core strength/balance, endurance training, cross body work and brain calibration.

Accessibility: Personal modifications options available based on needs/goals of participants/group. All levels are welcome!

Equipment: Optional tools (not required)- 2 claves/wooden utensils, a small ball (tennis, dog toy, fits in palm)

[Podcast interview with Dianna Rowley](#)

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This is a BORP class; registration <https://us02web.zoom.us/meeting/register/tZAufuutqTMqE9CX-EURFKzyOWbSFkO5Sw09>

### **Gyrokinesis (2:30 pm – 3:30 pm PDT)**

Gyrokinesis works the entire body, strengthening and stretching through rhythmic, flowing movement. It's a lot like yoga that flows like a dance. The exercises are gentle on the joints and muscles and are great for alleviating pain, stiffness and fatigue. Everyone, regardless of ability or age, including those recovering from injury or living with a disability, can do Gyrokinesis safely because it's adaptable to the body that's doing it.

Natalie Graniela has a background in modern dance. She is a certified Gyrotonic and Gyrokinesis trainer and a Postural Therapist certified by the Egoscue Institute. Based in New York City she also teaches evidence-based fall prevention workshops, 'A Matter of Balance' and 'Stay Active and Independent for Life'.

Type of Exercise: Strength, flexibility, balance

Accessibility: modifications for seated & standing participants

Register through email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Move to the Beats (5:30 pm – 6:30 pm PDT)**

This fun, high-energy seated dance class taught by JanpiStar, introduces easy-to-follow choreography from a seated position done to Latin & Club dance music. Class is geared towards upper body and core strengthening. Get ready to move!

Instructor: JanpiStar

JanpiStar was born and raised in Puerto Rico where they worked with different artists performing in plays, dance performances and teaching movement workshops. JanpiStar moved to Oakland in



Ability Now Bay Area) in Oakland, California as part of her Advanced Studies Program training at Piedmont Yoga Studio.

JoAnn believes that everyone can do yoga and has dedicated, well-trained assistants and volunteers who help her make the classes really special, fun and accessible to all. She has a unique ability to imagine the possibilities of asana (yoga poses) for her students and to see just where a student needs support or when she needs to get out of the way and let her student find the perfect pose.

[Podcast interview with JoAnn Lyons.](#)

Registration: <https://piedmontyogacommunity.org/events?task=civicrm/event/list&reset=1>

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Hip Hop dance is a variety of street dance styles brought up through urban culture. Hip Hop Dance is a style of dance with deep historical and social roots in African culture. It's a part of a whole culture of Hip Hop, which started in the 1970's in the Bronx, New York.

Instructors  
Troy Wilson

Ania Flatau has embraced dance and fitness for as long as she can remember. Originally from Colorado, this 32-year-old's passion for performing parallels her strong desire to build community, as Ania's ultimate goal is to show fellow wheelchair users how to pursue their dreams too! "I am an athlete, and I have a bachelor's degree in kinesiology with an emphasis in exercise science. I am also a Group X instructor for U-JAM Fitness," Ania shares. Her love of performing has taken Ania all over the world throughout her time as a competitive dance athlete, including a lengthy stay in Europe. With her family's help a few years ago, Ania discovered a two-week-long dance intensive course in Poland where participants trained for a world championship ballroom dance competition, While there, Ania trained for six hours a day on the dance floor and dedicated the rest of her time to learning and growing. In many ways, this sparked her desire to share her knowledge with her community.

This is a WDO class; register: <https://app.bookabl.io/wdo/schedule>

## **Friday 14**

### **Chair Hula (1:00 pm – 2:00 pm PDT)**

Instructor: Kumu Lani

I have been dancing hula, literally, all of my life. My grandmother was a hula teacher and started teaching me as an infant on her lap. She taught me how to teach her hula classes while I was in middle school, and I have continued with her traditions and teaching styles up to the present time. Hula is my life, my calling and my passion. My dance studio, Island Hawaiian Studios, is located in Alameda, CA. It is the home of our award-winning dance company, Hālau Makana, and our Non-Profit Organization, Hālau Makana Polynesian Cultural Arts Center, Inc.

I was inspired to start Chair Hula classes after hearing so many people say that they would love to dance hula but it hurts their legs to stand or dance for long periods of time, or that they don't have

good balance, or that they're wheelchair-bound. I started taking Chair Yoga classes to help with my recovery from cancer surgery 2 years ago, and that created the sense of urgency to start then and there. I'm honored to be a part of the May Movement Challenge and look forward to bring Chair Hula to this amazing event.

Type of Exercise: Flexibility

Accessibility: seated with some lower body movement and modifications provided

Registration is through email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Rumba 4:30 pm – 5:15 pm PDT**

The Wheelchair Dancers Organization vision is to utilize dance as a vehicle to broaden opportunities and resolve issues of exclusion facing children and adults with physical challenges. Wheelchair dancing, with a standing dance partner, helps to mitigate the isolation that many disabled individuals experience each day of their lives.

Instructors:

Jason Rivers

Ania Plateau

This is a WDO class; use the registration link <https://app.bookabl.io/wdo/schedule>

## **Saturday May 15**

### **Dance It Out Adaptive Fitness (10:00 am – 11:00 am PDT)**

Dance It Out (DIO) Adaptive was created by Billy Blanks Jr and adapted by Michele Jones. DIO Adaptive is an inclusive dance fitness class that will get you moving. Come exercise and have fun while dancing to over 20 styles of dance from around the world. Whether you are a walker (able-bodied) or a roller (using a wheelchair) ou DIO Adaptive Program offers dance fitness for all levels of mobility, all ages and all levels of experience.

The Wheelchair Dancers Organization vision is to utilize dance as a vehicle to broaden opportunities and resolve issues of exclusion facing children and adults with physical challenges. Wheelchair dancing, with a standing dance partner, helps to mitigate the isolation that many disabled individuals experience each day of their lives.

Registration is through the link <https://app.bookabl.io/wdo/schedule>

### **Rumba with Tina (11:00 am – 12:00 pm PDT)**

Rumba with Tina is an upbeat and incredibly fun seated dance workout class for all ages and abilities! (A great class for everyone, including those who are blind or visually impaired.)

Instructor: Tina Ybarra

Tina travelled as a teenager with BORP all over the USA to compete in basketball and track & field, and you could always catch her with a boom box, socializing and dancing. Her love of dance and music led Tina to create a small dance group with her BORP teammates, *The Dynamics*. Now, 34 years later, Tina's passion for socializing, music and dance led her to create, *Rumba With Tina* a high-energy aerobic workout. The class creates a space for her to feel like a teenager again, while connecting with those who want to have some fun and exercise!

This is a BORP class; registration is through the link below.

[Podcast interview with Tina](#)

Registration: <https://zoom.us/meeting/register/v5wqdemspj0t6Hxrc0QkczCwRNIXzoOtTA>

### **Yoga for People with Disabilities & Chronic Conditions (3:00 pm – 4:30 pm PDT)**

In this class, you will learn to adapt popular yoga asanas for your individual needs, work with the breath for healing and calming, and adjust your yoga practice to where you are in the moment. There will be gentle movement, floor work, and supported standing poses as well as restorative poses. This class is for you...

- If you are recovering from an accident or illness
- If you have carpal tunnel syndrome
- If you have a mild case of MS or CP
- If you live with chronic pain
- If you have arthritis, fibromyalgia, Chronic Fatigue Syndrome
- All of the above, or other chronic conditions

Instructor: JoAnn Lyons

JoAnn Lyons began taking yoga classes in the very early 70's and finally began teaching yoga classes for people with disabilities in October of 1996 at the Cerebral Palsy Center (now known as Ability Now Bay Area) in Oakland, California as part of her Advanced Studies Program training at Piedmont Yoga Studio.

JoAnn believes that everyone can do yoga and has dedicated, well-trained assistants and volunteers who help her make the classes really special, fun and accessible to all. She has a unique ability to imagine the possibilities of asana (yoga poses) for her students and to see just where a student needs support or when she needs to get out of the way and let her student find the perfect pose.

[Podcast interview with JoAnn Lyons.](#)

Registration: <https://piedmontyogacommunity.org/events?task=civicrm/event/list&reset=1>

### **Weekly Information & Motivation Session (4:00 pm – 5:00 pm PDT)**

Join us weekly during the month of the **May Movement Challenge** on Zoom or Facebook Live. Each session will include a Stretch, Discussion about Movement Practice Goals & Motivation, Sharing of Participant's Individual Movement Practices, as well as some fun and a randomly drawn prize.

Registration: <https://us02web.zoom.us/meeting/register/tZEud-2rpzMihNLpqJMXqsJiUEiLh8MfW9LP>

## **Sunday May 16**

### **Salsa (12:00 pm – 1:00 pm PDT)**

What to Expect: This class can be taken standing up or sitting down, but JanpiStar, the instructor, is a wheelchair user and so movements are more focused on the upper body. Janpi will provide you with movement options and adaptations that you can use to adapt to your body and abilities on that day. Salsa is high energy and expect loud music and even louder dance moves!

Agenda: Class will start with a warm-up and introduction of some salsa moves that will be used throughout the class. The class will be taught Zumba style, where Janpi will play multiple different songs and create short movement combinations to each song.

You have the option of using your head, arms, torso, neck, shoulders, elbows, and can even learn how to turn in your wheelchair. Shaking and shimmying is also included in Salsa, so get ready to wiggle your body in whatever way you like. You will learn lots of moves at the beginning of the class and then start to freestyle with these moves in the latter half of the class.

Adjectives:

High energy, exciting, free-flowing, joyful, rhythmic, fast class pace.

Instructor: JanpiStar

JanpiStar was born and raised in Puerto Rico. They got involved with art for the first time through the music at the Fine Art School Anita Toro Hernández as a 12-year-old playing the clarinet. In 2012 Janpi began their Bachelor Degree in Drama at the University of Puerto Rico Rio Piedras and had the opportunity to work with Viveca Vazquez, Carola Garcia and Petra Bravo. Janpi began to dance on January 2013 with Juan Maria Seller in the School For the Performing Arts at Guaynabo Puerto Rico.

They then took workshops in writing, movement, acting and semiotics in Ecuador with the group Malayerba. Janpi has also done workshops with the Candoco Dance Company and went to their audition. They worked with the theater group “Jóvenes del 98” directed by Maritza Perez and trained dance in The School for the Performing Arts directed by Waldo Gonzalez. Janpi has worked with choreographers including Robert Dekkers, Arthur Pita and Jennifer Archibald as well as Petra Bravo with “instalaciones Coreograficas , la casitas de Santurce” in The Fine Arts Center of Puerto Rico. Janpi’s most recent solo work of choreography was commissioned for the inaugural Queering Dance Festival, FROLIC.

This is a Dance for All Bodies class; registration is <https://www.danceforallbodies.org/events-1/all-abilities-salsa-class-9>

## **Monday May 17**

### **Sit Fit (4:00 pm – 4:30 pm PDT)**

Nathan Perkins, a certified inclusive fitness instructor and former Paralympic athlete, leads this 30-minute class that is a combination of stretches, strength and cardio exercises all done in a seated position with or without weights. Great for all levels of fitness.

Nathan Perkins, EdD, ACSM-CIFT, is a certified inclusive fitness trainer. Nathan has taught several exercise classes involving individuals with physical disabilities for the past 20 years. Nathan is an adapted physical education instructor at De Anza College in Cupertino, California and received a master's degree in Kinesiology, emphasizing Sport Psychology/Skill Acquisition from California State East Bay in 2001. In 2008, Nathan received a doctoral degree in Education with an emphasis in Learning and Instruction from the University of San Francisco. Nathan was also a wheelchair track and field athlete who represented the United States in the discus and shot-put event(s) at the 1996 Atlanta Paralympic Games and at the 1994 IPC Athletics World Championships (now known as The World Para Athletics Championships).

This is a BORP class. To register, [https://us02web.zoom.us/meeting/register/tZUod-GhgD0uGddJWBRmE1eBW\\_XJ16l44r0Y](https://us02web.zoom.us/meeting/register/tZUod-GhgD0uGddJWBRmE1eBW_XJ16l44r0Y)

## **Tuesday May 18**

### **Alignment-Focused Yoga and Yoga Tune Up® (9:00 am – 10:00 am PDT)**

This hourlong class blends traditional alignment-focused yoga and Yoga Tune Up® and is appropriate for all levels. Modifications are offered for most poses; students should use props judiciously and appropriately.

Instructor: Dawn Adams

Dawn Adams (RYT-500, ERYT-200, YACEP, ZHealth R and I phase) has been teaching movement since 2009, became a certified Yoga Tune Up® teacher in 2011, and continues to deepen her personal practice and her knowledge of the human body through studies of human anatomy and movement. Movement has become an integral part of her life, especially because of its nurturing and centering aspects. Through practicing yoga and other disciplines, she has found that undoing is just as important as doing. In her teaching, she hopes to instill a sense of adventure and exploration, with a focus on finding balance and joy through practice.

Accessibility: modifications for seated & standing participants

Register via email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Seated Tai Chi (11:30 am – 12:30 pm PDT)**

Join Master Ralf for a continued instruction course. This class is open to all levels and abilities. This Tai Chi system improves strength, flexibility, coordination, balance, reduces stress, develops inner strength and equanimity!

Ralf Somack studied Quang Ping Yang style Tai Chi Chuan under the late Grand Master Y-C Chiang, Bagua and Hsing Yi under Master Dominick Ruggieri of China Hand Kung Fu Academy. He holds a Black Sash, 1st degree in Bagua and Taichi and is a Pushing for Peace Ambassador at Master Marilyn Cooper's Little River Kung Fu School. He is also Board Certified by the Tai Chi for Health Institute and has taught Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention program at

numerous adult school programs, Vet and community centers and recreation departments throughout the Bay Area. Ralf is passionate about teaching the Chinese Internal Martial Arts to help people live healthier, less stressful lives by focusing on fundamental Tai Chi and Qi Gong principles of movement, body awareness, alignment and mental focus.

This is a BORP class. Registration

<https://us02web.zoom.us/meeting/register/tZwucOmhrDkjHdVe0p6VzHlrzb7M7iTGq9kv>

### **Core Strength and Posture (1:00 – 1:30 pm PDT)**

Core Strength and Posture includes movements to develop and improve core and upper body strength using light weights or body weight. The goal is to improve posture and support the spine and torso by activating the abdominal muscles and those of the upper body.

Instructor: Dan Mark

Dan is a certified personal trainer and group exercise instructor with over 20 years of experience. He has trained individuals from 16 years of age to some in their 80's. Classes he has taught include body sculpting, core work, kickboxing, cycling, balance and mobility, stretching, and fall prevention and recovery. He has worked at 24 Hour Fitness, a senior center and 2 private fitness clubs and also runs his own personal training business.

Type of Exercise: Strength training for core and upper body with some flexibility

Accessibility: seated with some lower body movement and modifications provided

Equipment: 2-16 oz. water bottles or 1# dumbbells; a towel, yoga strap or belt

Register through email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Inclusive Functional Strength Training (2:00 – 2:45 pm PDT)**

Trainer Rachel Kahn leads this 45-minute intermediate level class that includes a stretching and mobility warm-up, followed by integrative strength training. This class can be performed seated or standing with no equipment, or with home equipment including towels, soup cans, dumbbells, resistance bands, filled water bottles, medicine balls or other kinds of balls. (This class is suitable for blind or visual impaired athletes with some experience.)

Rachel Kahn is a Nationally Certified Pilates Teacher (NCPT), a Certified Strength and Conditioning Specialist (CSCS), and is in school to become a certified massage therapist (CMT). She has worked with people who have physical disabilities for over seven years. Rachel co-founded a nonprofit called No Limits Collaborative in 2015 that provided outdoor recreational activities and educational workshops for people with spinal cord injuries and other physical disabilities. She also helped in starting the Absolute Endeavor program at Absolute Center in Lafayette, which uses Pilates for people with physical disabilities. Rachel uses an amalgamation of strength training, Pilates, functional movement, floor work, and breathing techniques to help her clients re-establish the mind-body connection, re-train their nervous system, and reach their movement goals.

This is a BORP class; register

[https://zoom.us/meeting/register/uZwsceGorzsoTXzUPuCnQTRomTgg2\\_ZMeg](https://zoom.us/meeting/register/uZwsceGorzsoTXzUPuCnQTRomTgg2_ZMeg)

## **Flamenco (5:00 – 6:00 pm PDT)**

What to Expect: This class is intended to be taken from a seated position. Clara will be teaching while seated in a chair. Clara Rodriguez's class focuses exclusively on moving the upper body, with lots of wrist rotation and finger dexterity. Your arms and shoulders will probably be a little tired after class!

Agenda: Class will start with a warm-up & introduction of flamenco dance, culture, music and terminology. By the end of the class you will have learned a short choreography and practiced flamenco technique.

Finger & Fist Movements: There will be a lot of finger movement in this clap, where you'll separate out your fingers to do what is called a floreo (hand and wrist motion) and create body percussion such as clapping and snapping. However, fists are also popular in Flamenco dance and are welcome alternatives to finger motions. Fists are a great variation to a lot of the snapping or clapping movements. Both finger motions and fists will be demonstrated and encouraged in the class.

Body Percussion: Expect hand clapping and body percussion exercises (where hands or fists or part of your arm pats another part of your body to create rhythm). We also do "cante" in Flamenco, meaning we vocalize to complement the music and our movements. This is of course optional!

Adjectives:

Rhythmic, elegance, poise, moving slow and then moving fast, confident. Fast class pace?

Flamenco Terminology for the class:

- palmas – handclaps
- compás – rhythm
- jaleos – words/shouts of encouragement. Examples of jaleos: ole, ale, toma, ay, eso es, arsa
- cante – song or singing
- baile – dance or dancing
- por fiesta – party style dancing
- Andalucía – Southern Spain
- floreo – hand and wrist movements
- braceo – arm movements

Instructor: Clara Rodriguez

Clara is artistic director and founder of AguaClara Flamenco, based in Oakland, CA. She has been training and working professionally in the flamenco world for nearly 30 years, and has since been a featured soloist in productions throughout the United States, Spain, Portugal and India.

In 2018 she became Adjunct Faculty at UC Berkeley teaching flamenco dance. She currently holds regular dance classes in Oakland and also offers workshops outside the Bay Area. She has been working for the past 3 years with the flamenco guitar program at Central High School in Fresno, CA. A lifelong musician in addition to her dance career, Clara is a classically trained pianist and holds a Bachelor of Arts from UCLA in Ethnomusicology.

Registration: <https://www.danceforallbodies.org/events-1/all-abilities-seated-flamenco-class-9>

**Wednesday May 19**

### **Gentle Yoga (10:00 – 11:00 am PDT)**

Patrice Priya Wagner, RYT 500, C-IAYT, teaches yoga to people with disabilities in Oakland, California and is the Managing Editor of Accessible Yoga's Blog. Class includes warm-up stretches, gentle *hatha yoga* poses, calming breath work, and a closing guided meditation.

Accessibility: Modifications for seated and standing participants

Equipment: Chair, Mat, Pillow, blanket

PLEASE REGISTER AT LEAST 48 HOURS BEFORE THIS CLASS through email:

[Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Adaptive Chair Yoga (2:00 – 3:00 pm PDT)**

Learn new ways to feel better, including stretching, long easeful movements with conscious breathing, sensory awareness and YES laughing and giggling, chanting and meditation. All movements are designed and sequenced to reduce joint discomfort, stiffness, stress and fatigue, and increase resilience, flexibility and strength. This class is for everyone interested in feeling better!

Instructor: Nancy Yates

Nancy is a certified Arthritis Foundation instructor and began practicing after a ski injury 42 years ago, she's been teaching yoga for 24yrs. Nancy is on the faculty of the WHRC Sutter Health/CPMC. She introduced chair yoga to the SF LightHouse for Blind, SFVAMC, BORP, SF Main Public Library, she teaches children at (CSB) CA School For The Blind. She has won awards for her teaching and development.

This is a BORP class; registration <https://us02web.zoom.us/meeting/register/tZAufuutqTMqE9CX-EURFKzyOWbSFkO5Sw09>

### **Wednesday Afternoon DeStress Dance Party (1:15 pm – 2:30 pm PDT)**

Teacher: Leia Cash

My background in ballet and modern dance, led to an interest in Latin dance: rumba, salsa, cha cha, merengue and samba. I was a member of a San Francisco samba dance troupe, and participated in many of San Francisco's Carnival parades. I have studied dance in the US, Europe and Cuba.

I am multi-lingual; my interests include foreign films, the wonders of nature and of course, world music and dance.

Type of Exercise:

Accessibility:

modifications for seated & standing participants

Register through email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Move to the Beats (5:30 pm – 6:30 pm PDT)**

This fun, high-energy seated dance class taught by JanpiStar, introduces easy-to-follow choreography from a seated position done to Latin & Club dance music. Class is geared towards upper body and core strengthening. Get ready to move!

Instructor: JanpiStar

JanpiStar was born and raised in Puerto Rico where they worked with different artists performing in plays, dance performances and teaching movement workshops. JanpiStar moved to Oakland in January 2018 to join AXIS Dance Company and had the opportunity to work with artists like Robert Dekkers, Arthur Pita and Jennifer Archibald. Their most recent work was for QDF, “FROLIC” in 2019.

This is a BORP class; registration

[https://zoom.us/meeting/register/vpcqfuCurDovC3amufsAHksz\\_aUv8ii7JA](https://zoom.us/meeting/register/vpcqfuCurDovC3amufsAHksz_aUv8ii7JA)

## **Thursday May 20**

### **Mindful Movement (11 am – 12 pm PDT)**

Designed to improve everyday movement, this class will incorporate visual and vestibular training, joint mobilization, stretching, strengthening and body alignment. If your dealing with an injury or just want to feel better in your body, this is the class for you. Great for all levels of fitness! Props used, tennis balls or rolled up socks. (Suitable for low vision or blind participants).

Instructor: Rachel Kahn

Rachel Kahn is a Nationally Certified Pilates Teacher (NCPT), a Certified Strength and Conditioning Specialist (CSCS), and is in school to become a certified massage therapist (CMT). She has worked with people who have physical disabilities for over seven years. Rachel co-founded a nonprofit called No Limits Collaborative in 2015 that provided outdoor recreational activities and educational workshops for people with spinal cord injuries and other physical disabilities. She also helped in starting the Absolute Endeavor program at Absolute Center in Lafayette, which uses Pilates for people with physical disabilities. Rachel uses an amalgamation of strength training, Pilates, functional movement, floor work, and breathing techniques to help her clients re-establish the mind-body connection, re-train their nervous system, and reach their movement goals.

This is a BORP class; registration:

[https://us02web.zoom.us/meeting/register/tZUIceiprT8sHNY8npbWzt9jVdaxr\\_ajRxuu](https://us02web.zoom.us/meeting/register/tZUIceiprT8sHNY8npbWzt9jVdaxr_ajRxuu)

### **Developmental Movement and Qigong (12:00 pm – 12:45 pm PDT)**

In this class we will work with developmental movements and qigong exercises for a gentle dive into our physical, neurological, and fluid selves. Using our breath and attention, we will explore concepts of center to periphery, rocking, rotation, and three-dimensional movement. The class will leave you feeling more lubricated, spacious, relaxed, and strong.

Instructor:

Nicole Stone, M.A., is a movement artist who draws from her studies with many qigong teachers- from Daoist priests to martial artists to Qi healers- to offer unique and depthful Qigong classes. She also draws from her studies in Embryology, Embodied Anatomy, Dance, and Iyengar Yoga. Nicole founded Joyful Movement Qigong in 2014 and has been teaching in her hometown of Alameda, CA for the past six years.

Type of Exercise: balance, endurance, flexibility and strength, with an emphasis on balance

Accessibility: seated with some lower body movements and modifications provided

Equipment: A chair and possibly a folded blanket or towel to raise the pelvis

[Podcast interview with Nicole Stone](#)

[YouTube video about Qigong](#)

Register through email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Yoga for People with Disabilities & Chronic Conditions (2:00 pm – 3:30 pm PDT)**

In this class, you will learn to adapt popular yoga asanas for your individual needs, work with the breath for healing and calming, and adjust your yoga practice to where you are in the moment. There will be gentle movement, floor work, and supported standing poses as well as restorative poses. This class is for you...

- If you are recovering from an accident or illness
- If you have carpal tunnel syndrome
- If you have a mild case of MS or CP
- If you live with chronic pain
- If you have arthritis, fibromyalgia, Chronic Fatigue Syndrome
- All of the above, or other chronic conditions

Instructor: JoAnn Lyons

JoAnn Lyons began taking yoga classes in the very early 70's and finally began teaching yoga classes for people with disabilities in October of 1996 at the Cerebral Palsy Center (now known as Ability Now Bay Area) in Oakland, California as part of her Advanced Studies Program training at Piedmont Yoga Studio.

JoAnn believes that everyone can do yoga and has dedicated, well-trained assistants and volunteers who help her make the classes really special, fun and accessible to all. She has a unique ability to imagine the possibilities of asana (yoga poses) for her students and to see just where a student needs support or when she needs to get out of the way and let her student find the perfect pose.

[Podcast interview with JoAnn Lyons.](#)

Registration: <https://piedmontyogacommunity.org/events?task=civicrm/event/list&reset=1>

### **Hip Hop (5:15 pm – 6:00 pm PDT)**

Hip Hop dance is a variety of street dance styles brought up through urban culture. Hip Hop Dance is a style of dance with deep historical and social roots in African culture. It's a part of a whole culture of Hip Hop, which started in the 1970's in the Bronx, New York.

Instructors  
Troy Wilson

Ania Flatau has embraced dance and fitness for as long as she can remember. Originally from Colorado, this 32-year-old's passion for performing parallels her strong desire to build community, as Ania's ultimate goal is to show fellow wheelchair users how to pursue their dreams too! "I am an athlete, and I have a bachelor's degree in kinesiology with an emphasis in exercise science. I am also a Group X instructor for U-JAM Fitness," Ania shares. Her love of performing has taken Ania all over the world throughout her time as a competitive dance athlete, including a lengthy stay in Europe. With her family's help a few years ago, Ania discovered a two-week-long dance intensive course in Poland where participants trained for a world championship ballroom dance competition. While there, Ania trained for six hours a day on the dance floor and dedicated the rest of her time to learning and growing. In many ways, this sparked her desire to share her knowledge with her community.

This is a WDO class; register: <https://app.bookabl.io/wdo/schedule>

## Friday May 21

### Urban Jazz (11:00 am – 12:00 pm PDT)

What is Urban Jazz? Urban Jazz Dance is a convergence of artistic forces where raw energy, rooted in freedom, is expressed through the athletic body and uncontrollable passionate dance.

Class will start with a warm-up and will transition into learning choreography.

What to Expect: This class can be taken standing up or sitting down. Mr. Antoine Hunter, the instructor, usually switches between a seated and standing position during the class. This class blends Jazz, Afro-urban dance, and sometimes even ballet! There will be an ASL interpreter in the class who will be translating from ASL to English.

Agenda: Class starts with a warm up and movements are generally done at a slow tempo. Expect movements to extend your upper body outwards, reaching out from the center of your body. There will also be portions of the class where attendees are "set free" to move in their own way and to their own internal beat.

Throughout the class, Antoine Hunter will encourage you to find your own voice while doing the choreography. He likes to remind us that he is there to just guide you through different movements, energies and give you ideas for how to express them. However, the class is focused on your self-expression and creativity, so if you are looking for an explorative, meditative and rhythmic experience, this class is for you.

Expect to learn some ASL, connect with yourself and with others through creative movement.

Adjectives:

Groovy, feel-good, easy going, slow class pace.

Instructor: Antoine Hunter

A Bay Area native, Purple Fire Crow, also Known as Mr. Antoine Hunter, is an award-winning African, Indigenous, Deaf, Disabled, Two Spirit producer, choreographer, film/theater actor, dancer, dance instructor, model, poet, speaker, mentor and Deaf advocate. Mr Hunter received his training in dance and acting at Skyline High School in Oakland, Ca; California Institute of the Arts (CalArts), and Paul Taylor Dance School in NYC. Hunter has his own company — Urban Jazz Dance Company — and has performed with Savage Jazz Dance Company, Nuba Dance Theater, Alayo Dance Company, Robert Moses' KIN, Man Dance, Sins Invalid, Amara Tabor-Smith, Kim Epifano, Push Dance Company, Fly Away Productions, Joanna Haigood, OET theater, and the Lorraine Hansberry Theater.

Hunter is a faculty member at East Bay Center for the Performing Arts, Shawl-Anderson, Youth in Arts, and Dance-A-Vision. He is the founder of Bay Area International Deaf Dance Festival and has appeared in many dance teacher magazines.

This is a Dance for All Bodies class; registration <https://www.danceforallbodies.org/events-1/all-abilities-urban-jazz-dance-class-9> .

### **U-Jam Fitness (1:00 pm – 2:00 pm PDT)**

Combining the energy and grittiness of urban dance with fitness, U-Jam has taken group fitness to a new level by developing student-minded instructors that know how to support and engage each and every student. We bring the party to wherever we are invited! Expect funky, adrenaline-based urban beats from around the world with easy-to-follow choreo so that everyone, everywhere can get their Jam on.

U-Jam Fitness instructor, Ania Flatau, rolling in from California. An adult with Spina Bifida, Ania earned her degree in Kinesiology with an emphasis in exercise science. Constantly expanding and improving her own practice, Ania has made a career out of sharing her passion for dance with others, especially other people with disabilities.

[Podcast interview with Ania Flatau](#)

Register through email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Bollywood (4:30 -m – 5:15 pm PDT)**

The Wheelchair Dancers Organization vision is to utilize dance as a vehicle to broaden opportunities and resolve issues of exclusion facing children and adults with physical challenges. Wheelchair dancing, with a standing dance partner, helps to mitigate the isolation that many disabled individuals experience each day of their lives.

Instructors: Lekha and Andrea

Registration is here: <https://app.bookabl.io/wdo/schedule>

## **Moving Towards the Light: A Yoga Benefit to Enhance Immune Health (6:00 pm for 24-hours PDT)**

This benefit yoga class was designed with the amazing community of people in Oakland that benefit from the work of Piedmont Yoga Community (PYC) in mind, people with disabilities who want to do yoga! You will want to have a firm chair, a strap a blanket and 2 blocks if you have yoga props around. Please consider supporting the work of the Piedmont Yoga Community (PYC)

This is a recording that is available to MMC registrants from May 21st 6:00 p.m. (PDT) to May 22nd 6:00 p.m. (PDT).

Instructor: Baxter Bell

Baxter has been actively deepening his understanding of the power of yoga since making the stress-reducing move from a career as a busy family doctor to that of a yoga teacher and medical acupuncturist.

A Certified Yoga Therapist, Baxter is co-author of the book *Yoga for Healthy Aging*. His teaching has been influenced by many gifted teachers, including Rodney Yee, Patricia Walden, Erich Schiffmann, Richard Rosen, Mary Paffard, TKV Desikachar, and Donald Moyer. A featured presenter of therapeutic yoga classes on the website *Yoga U Online* as well as in Yoga Journal's DVD, *Yoga for Stress*, Baxter has also written articles for Yoga Journal and the International Journal of Yoga Therapy.

Baxter's teaching involves the integration of therapeutic applications of yoga with his understanding of Western medicine. He serves on the board of the International Association of Yoga Therapists and on the Advisory Council for Piedmont Yoga Community. Until the recent SARS Covid-2 pandemic shutdown, he taught a weekly yoga class for people living with cerebral palsy at Ability Now Bay Area (ANBA) in Oakland, CA.

His teaching emphasizes a healing, nurturing style of Hatha yoga, balancing the desire for action with the need to quiet the mind, emphasizing curiosity and meditation in one's practice. Baxter's students know him for teaching with gentle humor, kindness and his close attention to safety in the practice of yoga.

[Podcast interview with Baxter Bell](#)

Register through email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

## **Saturday May 22**

### **Dance It Out Adaptive Fitness (10:00 am – 11:00 am PDT)**

Dance It Out (DIO) Adaptive was created by Billy Blanks Jr and adapted by Michele Jones. DIO Adaptive is an inclusive dance fitness class that will get you moving. Come exercise and have fun while dancing to over 20 styles of dance from around the world. Whether you are a walker (able-bodied) or a roller (using a wheelchair) ou DIO Adaptive Program offers dance fitness for all levels of mobility, all ages and all levels of experience.

The Wheelchair Dancers Organization vision is to utilize dance as a vehicle to broaden opportunities and resolve issues of exclusion facing children and adults with physical challenges. Wheelchair dancing, with a standing dance partner, helps to mitigate the isolation that many disabled individuals experience each day of their lives.

Registration is through the link <https://app.bookabl.io/wdo/schedule>

### **Rumba with Tina (11:00 am – 12:00 pm PDT)**

Rumba with Tina is an upbeat and incredibly fun seated dance workout class for all ages and abilities! (A great class for everyone, including those who are blind or visually impaired.)

Instructor: Tina Ybarra

Tina travelled as a teenager with BORP all over the USA to compete in basketball and track & field, and you could always catch her with a boom box, socializing and dancing. Her love of dance and music led Tina to create a small dance group with her BORP teammates, *The Dynamics*. Now, 34 years later, Tina's passion for socializing, music and dance led her to create, *Rumba With Tina* a high-energy aerobic workout. The class creates a space for her to feel like a teenager again, while connecting with those who want to have some fun and exercise!

This is a BORP class; registration is through the link below.

### **Podcast interview with Tina**

Registration: <https://zoom.us/meeting/register/v5wqdemspj0t6Hxrc0QkczCwRNIXzoOtTA>

### **Yoga for People with Disabilities & Chronic Conditions (3:00 pm – 4:30 pm PDT)**

In this class, you will learn to adapt popular yoga asanas for your individual needs, work with the breath for healing and calming, and adjust your yoga practice to where you are in the moment. There will be gentle movement, floor work, and supported standing poses as well as restorative poses. This class is for you...

- If you are recovering from an accident or illness
- If you have carpal tunnel syndrome
- If you have a mild case of MS or CP
- If you live with chronic pain
- If you have arthritis, fibromyalgia, Chronic Fatigue Syndrome
- All of the above, or other chronic conditions

Instructor: JoAnn Lyons

JoAnn Lyons began taking yoga classes in the very early 70's and finally began teaching yoga classes for people with disabilities in October of 1996 at the Cerebral Palsy Center (now known as Ability Now Bay Area) in Oakland, California as part of her Advanced Studies Program training at Piedmont Yoga Studio.

JoAnn believes that everyone can do yoga and has dedicated, well-trained assistants and volunteers who help her make the classes really special, fun and accessible to all. She has a unique ability to

imagine the possibilities of asana (yoga poses) for her students and to see just where a student needs support or when she needs to get out of the way and let her student find the perfect pose.

[Podcast interview with JoAnn Lyons.](#)

Registration: <https://piedmontyogacommunity.org/events?task=civicrm/event/list&reset=1>

### **Weekly Information & Motivation Session (4:00 pm – 5:00 pm PDT)**

Join us weekly during the month of the **May Movement Challenge** on Zoom or Facebook Live. Each session will include a Stretch, Discussion about Movement Practice Goals & Motivation, Sharing of Participant's Individual Movement Practices, as well as some fun and a randomly drawn prize.

Registration: <https://us02web.zoom.us/meeting/register/tZEud-2rpzMihNLpqJMXqsJiUEiLh8MfW9LP>

## **Sunday May 23**

### **World Dance for All (4:00 pm – 5:00 pm PDT)**

You will be learning movements and enjoying music from around the world. Some of the styles will include: salsa, cha cha, merengue, swing, African, Brazilian, samba, klezmer, disco and more!

This class is for everyone. Seniors, adults, teens, kids of all ages. If you prefer to do the class seated, no problem!

Type of Exercise: Balance, Endurance and Flexibility

Accessibility: modifications for seated & standing participants

Teacher: Leia Cash

My background in ballet and modern dance, led to an interest in Latin dance: rumba, salsa, cha cha, merengue and samba. I was a member of a San Francisco samba dance troupe, and participated in many of San Francisco's Carnival parades. I have studied dance in the US, Europe and Cuba.

I am multi-lingual; my interests include foreign films, the wonders of nature and of course, world music and dance.

Register through email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

## **Monday May 24**

### **Sit Fit (4:00 pm – 4:30 pm PDT)**

Nathan Perkins, a certified inclusive fitness instructor and former Paralympic athlete, leads this 30-minute class that is a combination of stretches, strength and cardio exercises all done in a seated position with or without weights. Great for all levels of fitness.

Nathan Perkins, EdD, ACSM-CIFT, is a certified inclusive fitness trainer. Nathan has taught several exercise classes involving individuals with physical disabilities for the past 20 years. Nathan is an adapted physical education instructor at De Anza College in Cupertino, California and received a master's degree in Kinesiology, emphasizing Sport Psychology/Skill Acquisition from California State East Bay in 2001. In 2008, Nathan received a doctoral degree in Education with an emphasis in Learning and Instruction from the University of San Francisco. Nathan was also a wheelchair track and field athlete who represented the United States in the discus and shot-put event(s) at the 1996 Atlanta Paralympic Games and at the 1994 IPC Athletics World Championships (now known as The World Para Athletics Championships).

This is a BORP class. To register, [https://us02web.zoom.us/meeting/register/tZUod-GhqD0uGddJWBRmE1eBW\\_XJ16l44r0Y](https://us02web.zoom.us/meeting/register/tZUod-GhqD0uGddJWBRmE1eBW_XJ16l44r0Y)

## **Tuesday, May 25**

### **Alignment-Focused Yoga and Yoga Tune Up® (9:00 am – 10:00 am PDT)**

This hourlong class blends traditional alignment-focused yoga and Yoga Tune Up® and is appropriate for all levels. Modifications are offered for most poses; students should use props judiciously and appropriately.

Instructor: Dawn Adams

Dawn Adams (RYT-500, ERYT-200, YACEP, ZHealth R and I phase) has been teaching movement since 2009, became a certified Yoga Tune Up® teacher in 2011, and continues to deepen her personal practice and her knowledge of the human body through studies of human anatomy and movement. Movement has become an integral part of her life, especially because of its nurturing and centering aspects. Through practicing yoga and other disciplines, she has found that undoing is just as important as doing. In her teaching, she hopes to instill a sense of adventure and exploration, with a focus on finding balance and joy through practice.

Accessibility: modifications for seated & standing participants

Register via email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Seated Tai Chi (11:30 am – 12:30 pm PDT)**

Join Master Ralf for a continued instruction course. This class is open to all levels and abilities. This Tai Chi system improves strength, flexibility, coordination, balance, reduces stress, develops inner strength and equanimity!

Ralf Somack studied Quang Ping Yang style Tai Chi Chuan under the late Grand Master Y-C Chiang, Bagua and Hsing Yi under Master Dominick Ruggieri of China Hand Kung Fu Academy. He holds a Black Sash, 1st degree in Bagua and Taichi and is a Pushing for Peace Ambassador at Master Marilyn Cooper's Little River Kung Fu School. He is also Board Certified by the Tai Chi for Health Institute and has taught Dr. Paul Lam's Tai Chi for Arthritis and Fall Prevention program at numerous adult school programs, Vet and community centers and recreation departments throughout the Bay Area. Ralf is passionate about teaching the Chinese Internal Martial Arts to help people live healthier, less stressful lives by focusing on fundamental Tai Chi and Qi Gong principles of movement, body awareness, alignment and mental focus.

This is a BORP class. Registration

<https://us02web.zoom.us/meeting/register/tZwucOmhrDkjHdVe0p6VzHlrzb7M7iTGq9kv>

### **Balance (1:00 – 1:30 pm PDT)**

Balance starts off in a seated position to begin activation of muscles and joints used in maintaining one's balance. The class then continues with movements laterally (side to side) and standing on one leg with movement of the opposite leg while holding on to the chair if necessary to build leg strength for stability and ultimately balance. Focus is placed on building strength in the ankles, knees, hips, and core to maintain balance and stability.

Instructor: Dan Mark

Dan is a certified personal trainer and group exercise instructor with over 20 years of experience. He has trained individuals from 16 years of age to some in their 80's. Classes he has taught include body sculpting, core work, kickboxing, cycling, balance and mobility, stretching, and fall prevention and recovery. He has worked at 24 Hour Fitness, a senior center and 2 private fitness clubs and also runs his own personal training business.

Type of Exercise: Standing movements for stability and balance

Accessibility: full body movement without modifications

Equipment: chair

Register via email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Inclusive Functional Strength Training (2:00 – 2:45 pm PDT)**

Trainer Rachel Kahn leads this 45-minute intermediate level class that includes a stretching and mobility warm-up, followed by integrative strength training. This class can be performed seated or standing with no equipment, or with home equipment including towels, soup cans, dumbbells, resistance bands, filled water bottles, medicine balls or other kinds of balls. (This class is suitable for blind or visual impaired athletes with some experience.)

Rachel Kahn is a Nationally Certified Pilates Teacher (NCPT), a Certified Strength and Conditioning Specialist (CSCS), and is in school to become a certified massage therapist (CMT). She has worked with people who have physical disabilities for over seven years. Rachel co-founded a nonprofit called No Limits Collaborative in 2015 that provided outdoor recreational activities and educational workshops for people with spinal cord injuries and other physical disabilities. She also helped in starting the Absolute Endeavor program at Absolute Center in Lafayette, which uses Pilates for people with physical disabilities. Rachel uses an amalgamation of strength training, Pilates, functional movement, floor work, and breathing techniques to help her clients re-establish the mind-body connection, re-train their nervous system, and reach their movement goals.

This is a BORP class; register

[https://zoom.us/meeting/register/uZwsceGorzsoTXzUPuCnQTRomTqg2\\_ZMeg](https://zoom.us/meeting/register/uZwsceGorzsoTXzUPuCnQTRomTqg2_ZMeg)

### **Contemporary Brazilian Dance (5 – 6 pm PDT)**

What is Contemporary Brazilian Dance Class? This dance class is not our usual Brazilian dance class; it is a meditative, explorative and musical movement experience that uses Contemporary & Brazilian dance techniques, music and concepts.

What to expect: This class can be taken standing or seated. Our instructor Stephanie Bastos, teaches both in seated and standing positions. Expect meditation, warm-up, skill-build and playfulness through improvisation and choreography rooted in Contemporary & Brazilian dance techniques and African polyrhythms.

Agenda: The class will start and end with a meditation. At the beginning of the class Stephanie will use the brain dance, which is a technique and concept created by a dancer and scientist that composes eight developmental movement patterns human beings are programmed to move through from 0-12 months that wire the central nervous system. The class will then transition to learning and creating choreography.

You might be expected to participate in this class, introduce yourself, your name and even get to contribute to the choreography!

This class is all about finding your inner choreographic muse. Stephanie believes in meeting their students where they are at and will focus on creating a fun and collaborative experience by bringing dance technique, choreography and musicality into her class. The dance class aims to bring your focus internally and support your body so that you can move forward in your day with a fresh mind, spirit and energy.

In this class, expect to explore new shapes of the body and new pathways of moving. The creative challenge may push your mental boundaries, but your body will feel good! Usually, the class creates a movement phrase together and participates in shared improvisation. This class definitely focuses on teaching participants how to use their bodies to express themselves!

Adjectives:

Meditative, rhythmic, exploratory, playful artistry, mid class pace

Instructor: Stephanie Bastos

Stephanie is the daughter of Bernadette Chaves Nunes and Aluizio Ribeiro Bastos, started her performance career as a child with the Miami Ballet and in her teens, became one of the founding members of the internationally acclaimed Isadora Duncan Dance Ensemble of Miami, FL directed by Andrea Seidel and featured in Isadora Duncan Dance and Repertory by Princeton Book Company. As a pre-professional, she was awarded scholarships to train at American Dance Festival, Jacob's Pillow and Bates Dance Festival after losing her leg in a tragic car accident and subsequently retraining herself to dance with a prosthetic leg.

Since then, she has received her BFA in Dance from New World School of the Arts and has been performing, touring and teaching Contemporary Dance throughout the United States, Germany, Poland, Argentina and Brazil. She has trained with master teachers; Martha Mahr, Thomas Armour, Andrea Seidel, Julia Levien, Peter London, Donald McKayle, Chuck Davis, Jawole Willa Jo Zollar, Reginald Yates, Tania Santiago and Mestre King among others. Winner of the 2011 San Francisco "Izzies" Award for Outstanding Achievement in Performance Ensemble with Ase West Dance Theater Collective, she has also worked with the Urban Bush Women, Axis Dance Company, Deep Waters

Dance Theater, Aguas Da Bahia and Ron Brown's/ EVIDENCE as a guest performer for the "Nick Cave: Meet Me at the Center of the Earth", Soundsuits exhibit at Yerba Buena Center for the Arts, SF.

Registration is here: <https://www.danceforallbodies.org/events-1/all-abilities-contemporary-brazilian-class-6>

### **Restorative Yoga (5:00 – 6:00 pm PDT)**

Join Nicole Cavales for 1 hour of relaxation and restoration. Class will consist of a few restorative, fully supported, yoga poses that will be held from 5-10 minutes. Gentle movements will be guided between poses with ample time to adjust and move between poses. All postures will be seated or reclined on the floor. Nicole has been teaching yoga in Alameda for the past ten years and now also teaches via zoom. She is a E-RYT with Yoga Alliance with experience teaching pre-natal yoga, yoga for kids, vinyasa, and gentle yoga. Nicole has provided workshops for yoga for fertility, menopause, and essential oil use. She is also a Master Reiki Practitioner and DoTerra Wellness Advocate.

Type of Exercise:

Accessibility: seated/reclined with some lower body movement and modifications provided movement

Equipment: Bolster or 2-3 pillows, 2-3 blankets, chair / Optional: yoga mat, eye pillow

[Podcast interview with Nicole Cavales](#)

[YouTube video with Nicole Cavales](#)

Register via email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

## **Wednesday May 26**

### **Adaptive Chair Yoga (2:00 – 3:00 pm PDT)**

Learn new ways to feel better, including stretching, long easeful movements with conscious breathing, sensory awareness and YES laughing and giggling, chanting and meditation. All movements are designed and sequenced to reduce joint discomfort, stiffness, stress and fatigue, and increase resilience, flexibility and strength. This class is for everyone interested in feeling better!

Instructor: Nancy Yates

Nancy is a certified Arthritis Foundation instructor and began practicing after a ski injury 42 years ago, she's been teaching yoga for 24yrs. Nancy is on the faculty of the WHRC Sutter Health/CPMC. She introduced chair yoga to the SF LightHouse for Blind, SFVAMC, BORP, SF Main Public Library, she teaches children at (CSB) CA School For The Blind. She has won awards for her teaching and development.

This is a BORP class; registration <https://us02web.zoom.us/meeting/register/tZAufuutqTMqE9CX-EURFKzyOWbSFkO5Sw09>

### **Move to the Beats (5:30 pm – 6:30 pm PDT)**

This fun, high-energy seated dance class taught by JanpiStar, introduces easy-to-follow choreography from a seated position done to Latin & Club dance music. Class is geared towards upper body and core strengthening. Get ready to move!

Instructor: JanpiStar

JanpiStar was born and raised in Puerto Rico where they worked with different artists performing in plays, dance performances and teaching movement workshops. JanpiStar moved to Oakland in January 2018 to join AXIS Dance Company and had the opportunity to work with artists like Robert Dekkers, Arthur Pita and Jennifer Archibald. Their most recent work was for QDF, “FROLIC” in 2019.

This is a BORP class; registration

[https://zoom.us/meeting/register/vpcqfuCurDovC3amufsAHksz\\_aUv8ii7JA](https://zoom.us/meeting/register/vpcqfuCurDovC3amufsAHksz_aUv8ii7JA)

## **Thursday May 27**

### **Mindful Movement (11 am – 12 pm PDT)**

Designed to improve everyday movement, this class will incorporate visual and vestibular training, joint mobilization, stretching, strengthening and body alignment. If your dealing with an injury or just want to feel better in your body, this is the class for you. Great for all levels of fitness! Props used, tennis balls or rolled up socks. (Suitable for low vision or blind participants).

Instructor: Rachel Kahn

Rachel Kahn is a Nationally Certified Pilates Teacher (NCPT), a Certified Strength and Conditioning Specialist (CSCS), and is in school to become a certified massage therapist (CMT). She has worked with people who have physical disabilities for over seven years. Rachel co-founded a nonprofit called No Limits Collaborative in 2015 that provided outdoor recreational activities and educational workshops for people with spinal cord injuries and other physical disabilities. She also helped in starting the Absolute Endeavor program at Absolute Center in Lafayette, which uses Pilates for people with physical disabilities. Rachel uses an amalgamation of strength training, Pilates, functional movement, floor work, and breathing techniques to help her clients re-establish the mind-body connection, re-train their nervous system, and reach their movement goals.

This is a BORP class; registration:

[https://us02web.zoom.us/meeting/register/tZUIceiprT8sHNY8npbWzt9jVdaxr\\_ajRxuu](https://us02web.zoom.us/meeting/register/tZUIceiprT8sHNY8npbWzt9jVdaxr_ajRxuu)

### **Yoga for People with Disabilities & Chronic Conditions (2:00 pm – 3:30 pm PDT)**

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Instructor: JoAnn Lyons

JoAnn Lyons began taking yoga classes in the very early 70's and finally began teaching yoga classes for people with disabilities in October of 1996 at the Cerebral Palsy Center (now known as Ability Now Bay Area) in Oakland, California as part of her Advanced Studies Program training at Piedmont Yoga Studio.

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[Podcast interview with JoAnn Lyons.](#)

Registration: <https://piedmontyogacommunity.org/events?task=civicrm/event/list&reset=1>

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You will be learning movements and enjoying music from around the world. Some of the styles will include: salsa, cha cha, merengue, swing, African, Brazilian, samba, klezmer, disco and more!

This class is for everyone. Seniors, adults, teens, kids of all ages. If you prefer to do the class seated, no problem!

Type of Exercise: Balance, Endurance and Flexibility

Accessibility: modifications for seated & standing participants

Teacher: Leia Cash

My background in ballet and modern dance, led to an interest in Latin dance: rumba, salsa, cha cha, merengue and samba. I was a member of a San Francisco samba dance troupe, and participated in many of San Francisco's Carnival parades. I have studied dance in the US, Europe and Cuba.

I am multi-lingual; my interests include foreign films, the wonders of nature and of course, world music and dance.

Register for this class via email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Hip Hop (5:15 pm – 6:00 pm PDT)**

Hip Hop dance is a variety of street dance styles brought up through urban culture. Hip Hop Dance is a style of dance with deep historical and social roots in African culture. It's a part of a whole culture of Hip Hop, which started in the 1970's in the Bronx, New York.

Instructors  
Troy Wilson

Ania Flatau has embraced dance and fitness for as long as she can remember. Originally from Colorado, this 32-year-old's passion for performing parallels her strong desire to build community, as Ania's ultimate goal is to show fellow wheelchair users how to pursue their dreams too! "I am an athlete, and I have a bachelor's degree in kinesiology with an emphasis in exercise science. I am also a Group X instructor for U-JAM Fitness," Ania shares. Her love of performing has taken Ania all over the world throughout her time as a competitive dance athlete, including a lengthy stay in Europe. With her family's help a few years ago, Ania discovered a two-week-long dance intensive course in Poland where participants trained for a world championship ballroom dance competition. While there, Ania trained for six hours a day on the dance floor and dedicated the rest of her time to learning and growing. In many ways, this sparked her desire to share her knowledge with her community.

This is a WDO class; register: <https://app.bookabl.io/wdo/schedule>

## **Friday, May 28**

### **Country Western (4:30 – 5:15 pm PDT)**

The Wheelchair Dancers Organization vision is to utilize dance as a vehicle to broaden opportunities and resolve issues of exclusion facing children and adults with physical challenges. Wheelchair dancing, with a standing dance partner, helps to mitigate the isolation that many disabled individuals experience each day of their lives.

This is a WDO class; registration: <https://app.bookabl.io/wdo/schedule>

## **Saturday, May 29**

### **Fluid Body/Fluid Spine (9:00 am – 9:30 am PDT)**

This class we will be seated in a chair as we explore movements that invite more fluidity in our bodies, helping with circulation, lymph flow and mobility. We will explore gentle stretches of yoga, the mobility of gyrotonic, as well as some movement explorations engaging our imaginations within our bodies, while freeing up the spine and finding more breath. All abilities welcome, just as long as you are seated.

Instructor Shannon Knorr

Founder of Embody Studio. Shannon completed her Pilates certification in 2003 through PhysicalMind and Balanced Body, Gyrotonic Level 1 in 2005, and received her Dance/Movement Therapy degree in 2000 at Naropa Institute. She completed a 500 hour Advanced Yoga Studies

program completing her certification in Iyengar inspired Yoga at The Yoga Room, Berkeley in 2014 as well as completing several scoliosis certifications, and Movement Medicine trainings, learning the deep work of rehabilitation, what Pilates was really created for. She has also studied and learned various release techniques, somatic meditation, mindfulness practices, Restorative Yoga, expressive arts and dance, Yamuna Body Rolling and more.

Podcast interview with Shannon [here](#) and [here](#).

Registration via email: [Leslie@GlassHalfFull.online](mailto:Leslie@GlassHalfFull.online)

### **Chair Tap (10 am – 11:00 am PDT)**

What is Chair Tap? Chair tap is traditional Broadway style tap dance modified to be done in a seated position such as in a chair. We do tap steps with our feet and our hands.

What to Expect: This class is best for folks who are in a seated position! Mindy teaches from a chair and uses her legs to tap. You can also take this class if you can't use your legs because Mindy provides upper body instructions as well.

Agenda: The class will start with a warm-up and then transition to learning specific moves and practicing them at different speeds to various music. The class will end with a cool down and stretch.

Chair Tap is rooted in technique - you will learn a lot of tap steps and get chances to practice them. She will break down our tap steps to the basics of stepping, marching, and foot placement as well as how to "tap" with your hands. Mindy will be using a wide variety of music from the 1940s to today.

Mindy teaches these classes with playfulness and lightheartedness. She uses lots of repetition and rhythmic beats of music to instill the steps. She teaches hoping that her students leave the class feeling better (physically and mentally) than when they first arrived. Her focus is to help students feel accomplished after class. Whether it be a mastery of a step or more flexible ankles, we always achieve something.

Adjectives:

Musical/rhythmic, informative, skill-building, mid-slow class pace.

Instructor: Mindy Kim

Mindy Kim began dancing at 3 years old in her hometown of Redlands, California. She immediately loved the art and has been dancing ever since. In her first ever dance class --- "Introduction to Ballet and Tap"--- she fell in love with Tap.

While running her successful dance company in Texas she was diagnosed with Myotonic Muscular Dystrophy. It was a career ending diagnosis as Myotonic Dystrophy is degenerative. Over time, Mindy would lose more and more muscle tone throughout her body. Devastated with this news and her new title as "disabled", Mindy took it upon herself to find a new way to dance. It was then she began Chair tap.

Mindy has been teaching a variety of dance styles to a variety of students for over 20 years now and loves Chair Tap the most. Currently she lives in North Carolina, where she teaches Chair One Fitness

to differently-abled people in her community. She hopes to continue to share Chair Tap with people all over and spread Adaptive Dance, and an appreciation there-in, to all people who might have questioned their danceability.

[A podcast interview with Mindy Kim.](#)

This is a Dance for All Bodies class; registration : <https://www.danceforallbodies.org/events-1/all-abilities-chair-tap-10>

### **Weekly Information & Motivation Session (4:00 pm – 5:00 pm PDT)**

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Registration: <https://us02web.zoom.us/meeting/register/tZEud-2rpzMiHNLpqJMXqsJiUEiLh8MfW9LP>