



Happenings @ The Angel Wing
49 Ethan Allen Hwy (Rte. 7) in Ridgefield, Connecticut
(Next door to The Angel Cooperative)



Sundays, Tuesdays, and Thursdays: Mysore 9-11am

\$20 drop-in or monthly \$200 (begins 1st of each month), cash payments only or Venmo @theyogashalact or Zelle info@theyogashalact. Arrive anytime between 9-10am-beginners welcome anytime. The Mysore style of yoga asana practice is a particular way of teaching yoga within the Ashtanga Yoga traditions as taught by Sharath Jois in the southern Indian city of Mysore. Taught by Stan Woodman, Level 2 Authorized Ashtanga Yoga teacher Questions? Visit www.allthingsashtanga.com

Mondays 10-11am: Smooth Moves Vinyasa

\$15/class Register for class preferably via text 917-363-7744 or email: lenabiz@icloud.com 24 hr advance but Walk-Ins are of course welcomed. This fun class offers continuous, fluid movement with upbeat, energizing music to get you moving. Guided Sun Salutations, Surya A & B, along with a series of standing poses, hip openers, twists, inversions and back bends will be explored. There's a healthy emphasis on alignment. Class ends with a soothing Savasana to seal in practice. Taught by Lena Booth

Mondays at 6-7pm and Wednesdays at 5-6pm: Vinyasa Yoga

\$20/class, cash or Venmo payments accepted. Venmo: @Jen-Pignone. This Vinyasa style class helps you to find connection to your breath, body and movement. It is perfect for anyone ranging from the new yogi to the more experienced practitioner. For the newer yogi, this class will provide an accessible and approachable environment as you get acclimated to the Vinyasa practice. For the more seasoned yogis, here is your chance to slow it down and re-connect yourself back to your alignment. Taught by Jennifer Pignone RYT 200. Watch Jen on our YouTube Channel "The Angel Cooperative" in her weekly show "Everyday Yoga with Jen" Questions? Contact Jennifer at jpignone78@gmail.com

First Tuesday of the Month: Plant Spirit Reiki Sessions with Kelly Pietro

As an herbalist and energetic healing practitioner Kelly often blends the two modalities in her work. In these sessions Kelly will not only pull in Reiki healing energy, but she will also call in the plant energies that best serve your needs. Each session includes intuitive energy reading, chakra balancing, and a custom blended flower essence based on what comes up during the session. This is an interactive healing session which allows for deeper healing. Walk-ins welcome or schedule your appointment online <https://theshungiteroomattheangelcoop.as.me/?appointmentType=11973950> \$85/appt

Tuesdays: Candlelight Yoga with Melissa Brian first and third Tuesdays of the month 6:30-

7:45pm \$15

Candlelight Yoga at the Angel Wing is designed for students in need of some extra self-care. In a candle lit room infused with essential oils and acoustic music, students can expect a gentle flow sequence, yin (stretching) poses, and restorative postures. Melissa encourages her students to come back to their center after a long day. This can be a great way to calm the parasympathetic nervous system, digestive system, and the mind. Students will leave the class feeling grounded and tranquil. Walk-ins welcome or register online <https://theshungiteroomattheangelcoop.as.me/?appointmentType=12362776>.

Wednesdays: Vinyasa Flow with Bre 9-10:30am

\$20 All levels welcome.

Wednesdays: Easy Flow Asana 11-12

\$20 cash/check or Venmo @beverly_leighton. A mindful practice of breathing, easy flow asana and restorative postures. All levels welcome. Taught by Beverly Leighton, RYT 200 Questions? Contact letzdoyoga@gmail.com

Wednesdays: Awaken the Five Elements Yoga with Alison DeNicola at The Angel Wing March 4, 12, 19, 26 and April 1 @ 6:30pm \$20

Join Alison DeNicola for a spring yoga awakening through the five elements- earth, water, fire, air and space- to realign your energy, shake off winter and reconnect with your elemental self.

Each week's class will focus on yoga, breath and meditative practices that connect to the elements. Discover how the five elements live in your body and energy. Each class offers sound, aromatherapy and activations as part of the practice. <https://theshungiteroomattheangelcoop.as.me/fiveelements>
COME AND TRY THE FIRST CLASS ON MARCH 4th FOR ONLY \$10!

Fridays (starting March 13): Kundalini Yoga with Julie Haesche 10-11:15am

Known as the Yoga of Awareness, Kundalini yoga combines dynamic breath work, postures, meditation, sound healing, and mantras. In these classes you will consciously strengthen your body, open your mind, and uplift your spirit. Classes are suitable for beginners and seasoned yogis alike. All welcome!

<https://theshungiteroomattheangelcoop.as.me/?appointmentType=8699415>

Julie is a 500hr Registered Yoga Teacher, specializing in Kundalini Yoga, Reiki Master Teacher, Yoga Nidra Guide, and Yoga Therapist specializing in mental health, addiction, and trauma.

Fridays: Your Guided Meditation Experience with Kristie Molinaro 1:30-2:30pm

Through different types of guided meditation experiences and modalities you will come to understand the relationship between your internal universe and the outside world. Healing what needs to be healed in the process. Class is led in The Angel Wing by intuitive energy healer and medium Kristie Molinaro. \$20 Walk-ins welcome or schedule online at www.theangelcoop.com

Friday: March 27 and April 24 Yin Workshop with Bre 6:30-8pm

Saturdays: Traditional Led Primary Series Class 9:00-10:30am \$20 drop-in, cash/check only.

We will go through the entire Primary Series of Ashtanga Yoga with the traditional Sanskrit count. This challenging class includes sun salutations, standing and seated postures, backbends and finishing postures including inversions. Class is accessible to all levels of practitioners with Ashtanga or Vinyasa Yoga experience. Not suitable for complete beginners. Taught by Noelle DeStefano, Authorized Ashtanga Yoga Teacher. Questions? Contact noelleashtanga@gmail.com

Sundays: Source Energy Channeling with Aggregata 5:30-7pm \$30

In group energy work with Aggregata, participants have unique and magnificent experiences individually and collectively through communication with Divine source. Through the act of complete surrender, we allow Divine energy to work on physical, emotional and spiritual levels so that in each moment we receive what is most needed for our personal growth. Walk-ins welcome or schedule online at <https://theshungiteroomattheangelcoop.as.me/aggregata>

Sunday: Awaken Your 10 Bodies with Julie Haesche at The Angel Wing on March 29 11:30 - 1:30

You are more than just your physical body! You are a dynamic, energetic being comprised of ten bodies, all equally important. The ten bodies, like the chakras, vitalize us in a multi-dimensional sense, allowing us harness our full potential and excellence. This Kundalini Yoga practice activates and balances our ten bodies, creating waves of consciousness that lead to authentic healing and a paradigm of success. Join us for a transformative exploration of the ten bodies using numerology, pranayama (breathing), kriya (postures), sound healing, mantra, and meditation. No prior yoga experience is necessary, all are welcome! Walk-ins welcome – learn more at www.theangelcoop.com