It's your time to RISE & SHINE! Start the day with an "ENDOURPHINE" lift. MOVE!
Join our community that loves the feeling of starting our day breathing and moving.
A fitness class to explore dance, SQMAYoga, weights, and Somatics. Be prepared to sweat! Bring hand weights and water!
Monday - Wednesday - Friday
6:30 - 7:45pm
$60 per section
$95 if you bring a friend
Section A January 4 - 29
Section B February 1 - 29
Section C March 2 - 30
Section D April 2 - 29
Section E May 2 - 30

A "SOMA" movement exploration course for flexibility and mindful living. We will build on YOUR foundation to move forward TOGETHER as a couple with partner SOMAYoga. We will explore tools to communicate with greater ease and remind ourselves about the nature of the power of LOVE within our hearts and for each other. A fun, light-handed experience for all couples. Come with a sense of humor! Bring your yoga mats and water!

Sundays
6:00pm - 7:30pm
$75 per couple
Section A January 10 - 31
Section B February 21 - March 15
Section C March 27 - April 17

The INTELLIGENT BODY

Somatic Self-Care of Postural Health. This experiential workshop will focus on voluntary control of muscles of the body's center (torso and pelvis) that are the most common cause of the pain, stiffness, and fatigue often mistakenly attributed to aging. Learn an easy to practice set of somatic (sensory-motor) exercises that will enable you to release unwanted muscle tension and restore or maintain comfort and ease of movement with 10-15 minutes a day of safe, pleasurable movement exercises. Wear loose comfortable clothing and bring an exercise mat and a towel.
Saturday - January 30
9:00am - 10:00pm
$75, includes audio CD of a brief routine of self-care exercises
Instructor: Dave MacDougall, MA, LMT

This hands-on drumming experience brings us back to the rhythm inside OUR HEARTBEAT. Bring drum and/or percussion instruments. For all ages:
2nd Wednesday of the month
7:00pm - 8:00pm
Cost: Donation to the Saranac Lake Food Pantry
Section A January 13
Section B February 10
Section C March 9
Section D April 13
Section E May 11

STRM: Stressed Management Relaxation Workshop

This workshop will focus on work-life balance and designing your daily rhythm that fits into your schedule to SELF-CARE! We will explore the POWER of POSITIVITY with 15 ways to STRESS LESS and LIVE MORE.
3rd Saturday of the Month
9:00am - 12:00pm
$40 per section
Section A January 16
Section B February 20
Section C March 19
Section D April 14
Section E May 21

Pre-registration for all courses is required as spots are limited.
For more information please contact the
Johnna MacDougall
LMT/Wellness Educator
Johnna@somabeats.com
518.791.9586 or on Facebook