

Fall Class Schedule –

Mondays:

9:30 – 10:15 am – **Family Yoga**

10:30 – 11:15 – **Family Dance**

7-week sessions

Session One: September 17 – October 29

Session Two: November 5 – December 17

\$75.00 per family – 7 week session, or \$15.00 drop in.

Take both Family Yoga & Family Dance for \$125.00 per session.

Wednesdays:

Creative Writing for Kids

Ten week session, \$100, begins October 3

(No class Thanksgiving week)

11 am – 12:15 pm

Saturdays:

Creative Writing For Young People

Begins September 15.

\$15 per week

All Restorative Mini Retreats

1 – 3 pm, Third Saturday of Each Month

\$25.00 per mini-retreat

September 15, October 20, November 17th,

December 15th.

Sundays:

Gentle Hatha Yoga with Restorative

12 – 1:30 pm

\$15.00

Class savings passes are available for Creative Writing and Gentle Yoga: 3-class pre-paid pass for \$36.00, 6-class pre-paid pass for \$66.00, 10 class pre-paid for \$100. Passes must be used during the fall session (Between September 9 – December 31).

Joy Within

Movement
& Story Arts



Yoga Classes are held at Neti-Neti Yoga.

2551 Central Ave., N.E. Minneapolis, MN 55418

Creative Writing Class locations vary, always within biking distance of Northeast Minneapolis.

Phone: 612.788.6212

Email: info@joywithin.org

Tel: 612.788.6212
joywithin.org

Yoga –

Yoga is a wonderful way for our bodies to connect with our hearts, giving us a chance to slow down, turn within and embrace inner calm. Restorative Yoga brings that connection one step deeper, giving the body a chance to rest and reflect on the goodness within.

Movement –

Our bodies are in a constant state of motion. We are fluid and expressive and ever changing. Through movement we can access our stories is a new way and express our true heart.

Story –

Everyone has stories to tell and it is our birthright to express them. Whether they are true tales of life or created from a fictional source, so much can be gained by their telling. Writing, voice, dance, film or any other artistic medium can transform our inner story and bring us to a deeper place of understanding. Whether through individual coaching or Story Circles, we honor the stories of everyday life, and encourage you to celebrate your voice in community.

About Joy Within!

Jeanne Bain holds an undergraduate degree in Theater and a Masters Degree in Human Development. She has worked extensively with people who have stories to tell, using both the written and the spoken word. In her teaching, she often combines writing exploration with imagery and movement to encourage personal stories to be released more easily into the world. As a youthworker, she has worked in alternative schools, the juvenile justice system, public schools, hospice programs and more. Most recently she has taught at The University of Minnesota, The Loft Literary Center, Corazon Gallery, and the Medica Skyway Senior Center. She is currently working on a memoir about her family's adventures with carfree living. She lives in Northeast Minneapolis with her partner and her amazing sons, the 11-year-old clown and the not-yet 3-year-old punk rock star.



Robert Haarman is a performing artist and choreographer in Minneapolis. His choreography has been shown at The Walker Art Center, Zenon School, and Bryant Lake Bowl. His work, "Handsbreath", created with composer, Anne Kilstofte, was featured at the Annual Meeting of the American Composer's Forum in 2006. He has performed most recently with Live Action Set and Time Track Productions. He is married to Jeanne, and together, they raise their two boys, Aidan & Finneas. Robert continues to see art in everyday moments of life, celebrating the living quality of personal stories. He is currently working on a film documenting the family's carfree adventures, and continuing his work to bring more everyday stories into the audio realm through Story Circles and personal history documentation.

Fall Class Descriptions:

All Restorative: Treat yourself to an afternoon of relaxing and centering restorative yoga—it is like quiet rest, or meditation, done in non-stretching poses. Personalized energy work throughout class.

Family Yoga: Yoga is a great way to build strong, connected families. Great workout for moms and dads, kids participate as they are interested. Parent/child and/or sibling/partner work is taught in every class.

Family Dance: Enjoy time together as a family and dance, sing & spin! Class is geared toward babies & toddlers, but older children & Grandmas love it, too!

Creative Writing For Young People: For serious writers who want to commit to the creative process. Especially designed for those with a busy academic life, who want to find more time for their own creative writing. Ages 15 and up.

Story Circles: Gather together in community to tell your story. Dates TBA.

Creative Writing for Kids: Creative Writing is more than getting the words spelled correctly and in the right place. In this class it involves writing exercises, imaginary worlds, laughter, games and fun! Pencils will dance across the page as we trust and feed our creativity.

Gentle Hatha Yoga: Challenging warm up, gentle restorative. Gentle enough for people with fatigue & health issues. More advanced students are welcome to stretch themselves more deeply.

For More Information contact us at info@joywithin.org or call 612.788.6212