



CLASS DESCRIPTIONS

SCHEDULE KEY

How to read your weekly schedule:

Color Codes		Symbols and Abbreviations
<p>YELLOW: Skyterra Signature These classes are offered every week. They will also enhance your understanding of our program as a whole.</p> <p>BLUE: Rotating Offerings These classes change every week.</p> <p>RED: Freedom with Food These classes assist in changing your relationship with food</p>	<p>GREEN: Seasonal Recreation These options are off-campus and rotate weekly.</p> <p>PURPLE: Lower Intensity These classes do not require getting on or off the ground.</p>	<p>BOLD: Education session</p> <p>* = Requires signup. Sign-up sheet is located in the Culinary Center.</p> <p>! = High intensity/advanced</p> <p>\$ = Additional Cost</p> <p>LW Laurelwood CC Culinary Center YY Yoga Yurt SP Spa</p>

Classes: Quick Key	
<p>Quick FIT: 10-15 minute workout Includes strength and cardio. Great examples to use for home workouts.</p> <p>Tabata !: Series of 4-minute workouts Research-based <u>high-intensity</u> workout.</p>	<p>Restorative Yoga: 60 minutes Restorative postures downregulate mind and body.</p> <p>EMOM: Every Minute on the Minute 4 different exercises. 20-minute workout.</p>

You deserve to feel better. You deserve Skyterra.



SKYTERRA SIGNATURE DESCRIPTIONS

Signature lectures and classes are the fundamentals of the Skyterra program and are offered regularly for their importance. These classes are highlighted yellow on your schedule.

LECTURES

Culinary Demos

Our chef leads you through the creation of healthy, nourishing, delicious, seasonal meals and snacks. Ask questions, learn techniques and learn to incorporate new skills, ingredients and recipes into your meals.

Conquering Cravings

Trying to better understand why you struggle with food cravings? Do you struggle to put the fork down? Does the pantry call your name? This class explores topics such as emotional eating, binge eating, mindful eating and underlying traits that may make eating out of control more challenging for some individuals. Supportive strategies and tools will be provided.

Efficient Fitness

Learn how to exercise less, but better – at home! You will walk away with a better understanding of setting up effective strength routines along with the most efficient cardio strategies to weave into your plan.

Fitness Redefined

Traditional protocols use exercise as a primary driver for weight loss, focusing entirely on caloric expenditure. The Skyterra Way understands that obesity is a hormone game, which may completely flip the paradigm on how you look at fitness. After this presentation, you'll be able to figure what type of fitness you can do for the rest of your life and understand the importance of consistent movement.

Hormones & Food

Learn the importance of how food influences the brain-body connection. Through interactive learning, you will gain further knowledge of hormones and neurotransmitters that influence why and how much we eat. This seminar integrates portion recommendations, environmental strategies, and intentional visuals to support your healthy eating efforts.

Inspired Intentions

Are you tired of never fulfilling your healthy intentions? Fed up with setting goals that go well for weeks or months only to end abruptly? Learn how to set your goals to the present and uncover your emotional why for lasting and sustained motivation.

Nutrition Redefined

This seminar is a foundational nutrition class. We will discuss our nutrition philosophy and you will leave with a better understanding of what foods to prioritize in a tailored nutrition plan. We will cover the importance of macronutrients (fat, protein, carbohydrates and fiber) as well as meal planning.

Self Compassion

Self-improvement journeys are often associated with an inner dialogue steeped in self-judgment and criticism. This lecture explores how approaching life with self-compassion allows you to identify your self-criticism triggers and change your mindset with greater ease and empowerment. Learn how to silence the inner critic, discover tools to self-regulate difficult emotions, and cultivate a nourishing and self-accepting relationship with food and above all, your self.

Sound Sleep

Tired all the time? Do you need to improve your sleeping habits? Sleep matters. We are living in a fast-paced world and are constantly stimulated by our environment and life stressors. No matter your age or how busy life may seem, maintaining a consistent and high-quality sleep routine is essential for optimal health. This lecture will dive into the importance of sleep and how to effectively create behavior change.

Stress Redefined

There is so much information out there about stress. Stress Redefined identifies practical means to achieving stress reduction through a personalized approach to everyday living. Stress reduction is achievable and in this class participants will understand the body's physiological state when it is overexposed to stress, as well as how to cope with many forms of stressors.

Your Home Plan

Skyterra offers many wellness opportunities throughout your stay, but what happens when you go home? This class is an opportunity to review and plan for home. You will also find out about the additional tools Skyterra has created to assist you in your journey available to you upon your departure.

CLASSES

Connect

We offer several opportunities for various types of guided meditation. Our daily Connect class starts and ends the day with breathing exercises, meditation, light stretching and honoring unplugged space.

Lean !

This is our one-of-a-kind strength training class that focuses on quality movement, prioritizing only movements that matter for functional fitness and activities of daily living. Similar to group personal training, you'll learn how to work out with very little equipment and be well on your way to getting LEAN in no time!

Move Well

Learn Skyterra's essential movements that will improve your everyday life. In this class, you will learn, create and develop better positions leaving you empowered and confident about movements in our signature LEAN class.

Quick Fit

Getting in your workouts when you leave Skyterra will be difficult. We offer this class to show you a realistic 10-15 minute cardio and strength workout that can be easily executed at home.

Wall Mobility

Are you practicing self-maintenance on a daily basis? Soft tissue therapy and corrective exercise should be a part of everyone's plan. Based on the common positions of daily living, these catch-all, easy-to-execute techniques will help you restore your body quickly.

Yoga Basics

Safe space for all levels to learn the foundations of common postures used in yoga. Begin to explore the connection between your breath and your body to cultivate a sense of inner peace.

ROTATING OFFERINGS

In addition to the Skyterra Signature offerings we have a steady stream of rotating offers, providing you with an opportunity to explore deeper into a number of topics. These classes are highlighted blue or purple on your schedule.

Aqua Cardio *(offered seasonally as weather allows)*

Are you ready to challenge your aquatic fitness? Utilizing methods of water-based interval training, this class will inspire you to take your average pool workout to the next level.

Aqua Chi *(offered seasonally as weather allows)*

Water is the most nurturing of all of the elements, yet we frequently take its restorative properties for granted. In this class, experience water's natural ability to stimulate relaxation. Stretch, mobilize, find your chi and rejuvenate in the pool.

Aqua Circuit *(offered seasonally as weather allows)*

Are you ready to challenge your aquatic fitness? Utilizing methods of water-based interval training, this class will inspire you to take your average pool workout to the next level.

Aqua Strong *(offered seasonally as weather allows)*

Switch up your regular strength training regimen by hitting the pool. With aqua dumbbells and bodyweight strength exercises, this session is a fun, effective type of resistance training.

Aqua Yoga *(offered seasonally as weather allows)*

Explore land-based yoga postures in the water in this weight-free, water-supported yoga class. This yoga practice is zenfully joint friendly.

Art of Meditation

Explore various styles of meditating and find what resonates most with you, and set yourself up for a successful meditation practice at home.

Arts Workshop

Create a piece of art and learn how the creative process can be a stress management technique. Engage the right side of the brain and have fun while doing it. No art experience necessary.

Balance Training

Do you have difficulty standing on one leg? Learn exercises that will easily fit into your current routine so you can improve your balance while safeguarding yourself from injury.

Better Boundaries

Do you find difficulty creating and maintaining healthy boundaries in your life? Are there times in your life that you wish you were able to say no? Would having boundaries in your life allow you to practice more self care and decrease your stress? This class is designed to help you learn how to create healthy boundaries in all areas of your life and keep those boundaries, so you can take better care of YOU!

Body Truths

What's weight got to do with it? Is health defined by food intake and exercise? Do healthy habits have to suck? This lecture is all about exploring the truth about weight loss, your body and the enjoyment of healthy living.

Breathe Well

This experiential class combines both lecture and practical techniques like body/breath awareness to explore and explain the science of the respiratory system, postural adaptations, asymmetrical patterns and the influence of integrated chains of muscles. Whether you're an extremely active individual or just want to achieve a higher quality of life, this class helps set the foundation for a sound mind and body.

Building Boundaries

Boundaries are where you end and I begin. In this class, participants are encouraged to discuss and reflect upon any boundaries they have successfully implemented, as well as boundaries that may be helpful to implement moving forward.

Cardio Circuit

Recovery-based workout comprised of cardio intervals on the treadmill, rower and/or elliptical combined with bodyweight movements such as jumping jacks and mountain climbers.

Chair Yoga

Chair yoga is practiced sitting in a chair or using a chair for support. Pulling inspiration from yoga movements, this gentler format is perfect for the office, travel, and for those who may have limitations getting on or off the ground.

Circuit Training

In this fitness class, we'll teach you a functional way to exercise that's simple to execute at home. You will boost your metabolism, burn fat and improve your stamina by combining cardio and strength intervals.

Core Strength

Classic core conditioning class involving all abdominal muscle groups. Movements include crunch variations, bicycle abs, lower back strengtheners and oblique exercises.

Creative Arts

The amazing beauty and energy of these mountains are an inspiration to the creative part of us, and this class provides an opportunity to explore that creativity. We will express ourselves using various types of media such as paint, beads, sticks and rocks. Finished pieces include hand-bound journals, meditation beads (malas), mantra stones, mosaics and more.

EMOM

One of our most transferable workouts for home, EMOM stands for *every minute on the minute*. This class includes four movements involving :30 of work with :30 of full recovery for 20 minutes. All movements are strength- and cardio-based, and easily doable with little equipment.

Flow and Restore

This class offers an efficient way to nurture your entire body and is the best of both worlds! Class begins with flowing postures and breath awareness to build heat and openness, and then leads into longer held restorative postures to create more length and space in the body.

Foot and Ankle Mobility

Your feet are your foundation and the first defense in helping the rest of your body perform. This class will teach you how to improve ankle range of motion and train you to take care of your feet with simple techniques that go a long way!

Gentle Flow Yoga

Gentle yoga practice to help release stress and tension through gentle stretching and movement linked with breath. Class moves at a slow pace and has minimal transitions from up to down, and minimal weight bearing on the wrists.

Gratitude Meditation

Guided mindfulness meditation using various breathing techniques with a focus and intention on cultivating gratitude.

Green Tea Tasting

It is tea time... and it is also time to learn about the two main processing styles in making green tea. Circle up to discuss, explore and taste the amazing world of green tea. You'll leave with a deeper understanding of Chinese and Japanese green tea production techniques and their influence on flavor.

Gut Health

Gut Health is an introduction to the gut microbiome and enteric nervous system and how they influence your overall health. Many lifestyle-based diseases are connected to poor gut health; this seminar will help you understand how to repair and rebalance your gut through nutrition and other lifestyle changes.

Healthy Feet

Our feet are our foundation, learn how to develop strong, pain-free, orthotic-free, feet that will protect your knees, hips, and spine for the rest of your life.

Herbal Tea Blending

Circle up for tea time! This class explores the very basics of blending single herbs together to make tea blends for optimal flavor. The class is an interactive discussion and includes the opportunity to create our own unique cup of tea. Leave class with a deeper understanding of loose leaf tea and how to prepare teas and blends at home.

Hidden Ingredients

Do you know what's in your food? Do you know what you should look for on labels? Learn what we should and shouldn't put into our bodies to live a healthy life.

Hip Mobility

You're human right? Do you sit? Most of us do a lot of sitting which doesn't really support the health of our hips. In this speciality mobility class you will learn how to improve the range of motion of your hips including your glutes, hip flexors and quads.

Insulin Sensitivity

Are you sick of having "unhealthy" food or skipping a workout and having it lead to immediate weight gain? How about constant feelings of hunger or cravings? The key to changing this is to increase your insulin sensitivity. This is achieved through high-quality nutrition and consistent physical activity, which are crucial to the long-term maintenance of your metabolism.

Intervals !

This is a high-intensity cardio class that involves a series of intervals adaptable to any type of cardio equipment. Learn how to push your pace in an efficient manner.

Joyful Movement

Often we believe that the only way to engage in physical activity is by going to a gym; however, this is not the case. During this class we will explore ways in which to move with intention and joy while taking the time to reconnect with our bodies.

Knee Mobility

Achy knees are not normal and are often due to tight quads and tight calves. During this speciality mobility class, you'll pinpoint the restrictions all around your knees and loosen up the fascia (connective tissue) that is causing aches and pains.

Lakeside Meditation

Guided mindfulness meditation by the lake. Tune into the sounds and sensations of nature to help ground yourself in the present moment.

Laughter Yoga

A practice that involves prolonged voluntary laughter. A half hour session combines gentle stretching, breathing exercises and interactive laughter games. Laughter can strengthen the immune system, reduce stress, relax the entire body and promote an overall sense of wellbeing. Let your inner child out to play!

Lower Back Mobility

Eighty percent of Americans will suffer from lower back pain at some point in their lives. Get in front of the pain by joining us for this speciality mobility class where you will learn the quick tricks for solving and fixing lower back stiffness.

Mastering Mobility

There are a host of possible muscular imbalances and lifestyle errors that can be contributing to your quality of life. During this discussion learn how daily mobility, flexibility and breathwork can make all the difference. You'll understand how to triage your own body and plan your daily routine.

Meal Planning Workshop

Are you feeling confused or overwhelmed figuring out what to eat on a daily basis? This workshop is just for you. Our Registered Dietitian provides education, handouts and tools to help you plan what you will eat for your main meals upon returning home.

Meditation

Guided practice to help you calm and ease your mind and body. Practice may begin with a focus on breathing techniques and include scanning the body, mindfulness, mantras, guided imagery and sound therapy.

Candlelit Mini Retreat

A retreat within your retreat!

What happens when you consciously take time to slow down? Enjoy a candlelit evening, a fully reclined and supported meditation with optional soothing aromatherapy salves to deeply nourish all of who you are.

Nutrition Busters

Trying to discern nutrition information in today's culture isn't easy. Various popular topics are discussed, debunked and addressed. This seminar is not only informative, but it is also fun and enlightening.

Outdoor Circuit

Tired of being stuck indoors for all your workouts? Get outdoors for this circuit class. You'll join our instructors across the Skyterra campus in a combination of fast walk intervals, core and strength exercises.

Overcoming Shame

We experience shame from an early age and often internalize the expectations of others. As a result we grow further apart from our core's truth. In this class, participants will carefully reflect upon their relationship to shame and learn tools that can help shift their focus back to their truest self.

Qoya: Dance Yoga

Qoya is a fusion of dance, yoga and feminine movement, and is based on the very simple idea that through the movement of our bodies, we remember! We remember that our essence is innately wise, wild and free. *Wise* draws on the ancient wisdom of yoga, *wild* explores the creative expression in dance, and *free* is an exploration of expanding our capacity to be in our bodies and celebrate embodiment. Explore infusing the movement of your body with meaning and feel movement as medicine. No dance experience required!

Partner Workout !

Energize your average workout with camaraderie! This team-based partner class with alternating movements will be sure to inspire your competitive spirit. Partners are not required nor necessary. You will be teamed up upon arrival.

Pilates Basics

Develop an understanding of the foundations that support your Pilates practice. Explore your range of motion, control and safe positioning for mat work. Participants are encouraged to ask questions and have fun while learning about the exercises developed by Joseph Pilates.

Pilates Flow

A beginner class designed to give you a taste of what Pilates can do for you. Most of the class takes place on the floor. This is a full-body workout with a main emphasis on the core, during which you will work to strengthen the deepest layers of muscle and create length in the body.

Practicing Gratitude

This lecture is designed to help you cultivate a daily practice of gratitude. In the midst of your busy life, learn how to pause and welcome awareness into our lives, and in turn feel and spread gratitude to ourselves and others.

Primal Strong !

Revive your strength training routine with heavy ropes, tire flips and sled drags! Get back to functional exercise with this highly effective interval class. By adding unconventional methods into your current training regimen, you will be sure to shock different muscles into action.

Psychology of Fitness

Learn the benefits of physical activity and the effects it has on our bodies in addition to the physical. This lecture discusses how fitness can help common major illnesses, as well as what it takes to become a *want-to* exerciser instead of a *have-to* exerciser.

Reclaiming Your Body

We often lose touch with our innate wisdom in relation to our bodies and sense of worth. In this class, learn how to reclaim your body while developing a strong sense of self.

Resistance Bands

Similar to free weights at the gym, resistance bands come in a variety of sizes and strengths. This session involves a full-body strength training routine teaching highly portable exercises for home.

Restorative Yoga

Gentle yoga practice designed to help reset and restore the nervous system. Poses are held for longer periods of time while being completely supported by props so the body and mind are allowed to completely relax and release tension. Very few transitions and a great practice to help reduce stress and help your body recover.

Restorative Yoga and Massage

Soothe your nervous system as you relax into fully supported, longer-held postures to open up the fascia and connective tissue in your body and create more space and length. Optional hands-on assists and massage will be offered as an invitation to relax even deeper into the various shapes. This class is perfect for sore muscles, active minds and those who wish to return home to the body and the breath.

Restorative Yoga and Sound

Soothe your nervous system as you relax into fully supported, longer-held postures to open up the fascia and connective tissue in your body and create more space and length. Tuning forks are used around and directly on the body to support natural frequencies by bringing into balance the nervous system, neurological and energetic pathways. This class is perfect for sore muscles, active minds and those who wish to return home to the body and the breath.

Row Intervals !

Row your way to better cardiovascular health. Join us for an interval rowing class you don't want to miss.

Self Care

Self care is not selfish. Participants will leave this class with a carefully curated self-care plan for their transitions back home.

Shoulder Mobility

How's your posture? What about your shoulder mobility screen? If you're someone who always seems to have a tight upper back or experiences shoulder stiffness or pain, this is the class for you. In this speciality mobility class, you'll target your chest, triceps, deltoids and upper back, and learn many quick techniques to help you feel better.

Simple Strength

Strength training can be intimidating and pushed to the side in most fitness plans. Learn a simple way to implement six exercises for a full-body workout that is adaptable to your very own home.

Sky Circle

This is an easygoing, gently guided group where you will cultivate and share perspectives and experiences with fellow guests. This safe space is held to gain insight, give and receive emotional support and promote community and cohesion among our community.

Slow Flow Yoga

This class builds a soft flow that unites breath and movement. Elements of sun salutations and other curated postures are designed to build a gentle internal heat. Moving slowly and intentionally inspires nourishment of the body, mind and breath.

Slow Therapeutic Flow

During this class you will move slowly and mindfully through guided postures and unique soundscapes to weave together breath, awareness and bodily sensations. This class is gentle and accessible for beginners and experienced practitioners. Learn safe alignment in postures and connect as deeply as possible with your body and your breath.

Sneaky_6 !

One of Skyterra's spiciest fitness classes, this class includes only six movements. Each participant completes two movements at a time finishing as many reps as possible in six minutes.

Sound Bath

Each of our bodies has its own natural frequency. We are vibrational beings and when we are healthy all of our cells, tissues and organs are vibrating in harmony. Sound healing assists in reducing tension and stress while restoring harmony, energy and balance to the body, mind and spirit. Experience these healing vibrations as the soothing sound waves emanating from instruments made from 99.99% quartz crystal and tuning forks wash over and transcend you to a place of deep relaxation and inner peace.

Sugar, Fat and Alcohol

Are you trying to figure out how to live a life with or without sugar, fat and alcohol? This seminar is educational while also providing strategies on how to approach today's food culture.

Sunrise Yoga

Practice facing to the east to honor and greet the sun and a new day through breath, simple movements and body awareness. This class is 30 minutes and highlights ways to bring a morning yoga practice home with you.

Therapeutic Yoga

This therapeutic yoga class takes a gentle and nourishing approach to loosening up tight muscles and creating space in areas of the body and mind that feel compressed. Learn a variety of yoga postures, breathing techniques, and prop-based asanas (postures) that inspire healing and nurture your range of motion and mobility.

Three-Card Story Journaling

Through the use of cards as spontaneous journal prompts, we will dive deeply into journaling and connecting with ourselves and the group (if you wish). Feel free to bring your journals if you have them with you, although paper and pens will be provided. Bring an open mind and a curiosity to explore your inner world.

VooDoo Floss 101

Unwrap the magic of VooDoo wrapping, a technique that can improve mobility and pain within any joint area. This is a compressive wrap that works by increasing blood flow. Participants will learn how to wrap their ankles, knees, hamstrings and shoulders.

Walking Meditation

With the constant demands of modern life, we often rush from one thing to the next and spend the majority of our lives indoors and disconnected from what matters most. The health benefits of practicing mindfulness and spending time in nature are immense, ranging from weight loss, better sleep, and decreased depression and anxiety. If you are wondering how to begin a practice like this, join us to discover simple steps that you can add to your life right away.

Walk Run Well Clinic

Are you ready to see your stride in a whole new way? This skill-based class uses video analysis and corrective drills to revolutionize your walking and running. This unique opportunity will help you prevent injuries and maximize the efficiency of your movements.

Waterfall Meditation

Experience the relaxing effects of meditating by the natural beauty of one of our waterfalls here on campus. This beginner-friendly walking and sitting practice will teach you elements of meditation.

Yoga Flow

In this class, you'll experience vinyasa yoga, one of the most popular contemporary styles in which movement is synchronized with the breath. Sequences are linked together mindfully to build strength, flexibility and resilience through continuous movement.

Yoga for Balance

The intention of this practice is to effectively focus on the muscular network of the spine, the back body and core. By combining breathwork and balancing movements, you will truly integrate mind and body. Join us in this liberating, balance-inspired flow class.

Yoga for Home

Do you have the desire to bring a yoga practice home with you? This class offers a discussion on the different elements of customizing a home practice. You will leave class with a deeper understanding of how and when yoga will fit into your life at home, and a list of any prop needs so that you are ready to start including more mindfulness and yoga into your life.

Yoga for Strength

Are you looking for a stronger, more static, strength-based practice? By combining functional strength postures and longer holds, this creative yet dynamic and balanced practice of breath and strength-inspired movements will surely enliven the fire within. Come embrace your internal heat and honor your personal power and vigor!

Yoga Nidra

Also known as *yogic sleep*, yoga nidra is a fully supported and reclined meditation practice that nurtures physical and emotional healing. This deep state of conscious rest helps you destress and sleep better. It can also evoke a sense of clarity and nourish understanding of your higher purpose.

Zumba Basics

Zumba combines high energy with simple movements that will increase your heart rate and uplift your mood. It incorporates cardio and simple strengthening within the rhythms and beats of music to ensure an effective workout. You will also experience a taste of Latin culture with Salsa, Merengue and Cumbia dances. Come join the party!

Zumba Strong

In Zumba Strong, you will experience a full-body workout with high-intensity interval training synced to every song. Hand weights will be incorporated and safely used to increase resistance.

FREEDOM WITH FOOD CLASSES

The Skyterra schedule will also offer specific classes focused on eating behaviors. These classes are highlighted red on your schedule.

Back to Values

This class is designed to help you reconnect with what is truly important to you and what you love in life. You will be able to identify core values in your life and work towards creating an action plan to “get back” to those values. Learn the difference between living a life based on values versus living a life based only in setting goals.

Body as a Resource

An important skill in regulating eating behaviors is to learn to track our nervous system and learn alternative skills for regulation rather than using food behaviors for regulation. This group is designed to help clients understand the connection between their hyperarousal or hypoarousal states, and how they may have used food behaviors to manage arousal in the past. Participants are then taught about the near and far sense of the body, and how the senses can also support regulation. This process allows us to partner with our body as a resource, rather than be at constant war with it. This class will also discuss the concept of embodiment within ourselves.

Composition Clarity

We're a nation that spends more money on weight loss than on our total national defense. If you're ready to make a long-term investment in your body, learn why focusing on weight isn't helpful and instead lock your attention on body composition, the key to understanding health.

Culinary Experience and Mindful Eating Experience

Our chef leads you through the creation of a snack through a culinary demonstration. After learning how to prepare a couple kitchen staples, our expert team guides a mindful eating practice to support slowing down and savoring food. This seminar is the perfect blend of learning and experience.

Diet Culture

Sick and tired of being sick and tired? Chronic dieting, yo-yo weight fluctuations and irrational food rules may be causing more harm than good. Learn why ending dieting for good can be beneficial as well exploring topics such as intuitive eating, body respect and gentle nutrition.

Essential Tools and Brainstorming Challenges

Learn essential tools, coping thoughts, and coping behaviors to support change in unhealthy and unwanted eating patterns to take home. This class supports an increase in the recognition of coping thoughts and behaviors, identifies the benefits of more

normalized eating, suggests considerations for meal time, and introduces the concept of self-monitoring. Participants will be able to brainstorm any challenges that they may face upon returning home and come up with helpful and sustainable solutions.

Mindful Lunch

How often do you find yourself eating snacks or meals on-the-go, in your car, on your sofa, and away from a proper eating table? Mindful eating is a practice of slowing down and tasting your food, noting the textures of your food, and noticing your environment. A mindful lunch is a nod to an intentional pace of life.

Why Can't I Stop

Do you struggle with feeling out of control around food? Do you get the feeling that something is “wrong” with you? Our registered dietitians and licensed therapists come together during this seminar to break down the myths around overeating. This key seminar is essential for better understanding various overeating behaviors as well as learning what is necessary to break the cycle.

COMBO CLASSES

*The Skyterra schedule will also offer combo classes on a rotating bases. These classes are highlighted **blue** or **purple** on your schedule.*

Combo classes will have a name on the schedule with a + between options below. These are the classes that combine two principles into a single class.

Balance: Develop stability in your ankles, knees and hips.

Bands: Use resistance bands in a simple stretching format.

Breathe: Practice proper inhale and exhale patterns.

Core: Build strength throughout the midline of your body.

Meditation: Guided practice to help you calm and ease your mind and body.

Mobility: Self-maintenance techniques including soft tissue therapy and stretching.

Quick Fit: Short, simple and efficient cardio and strength workout.

Roll: Foam rolling for mobility.

Tabata: Researched-based high-intensity interval workout.

RECREATIONAL OFFERINGS

**Classes offered seasonally as weather allows*

Additionally to Skyterra's classes and lectures we offer a number of ways to have fun. These classes are highlighted green on your schedule.

Davidson River Float

It's not every day that you get to float down a river! Davidson River is a small, beautiful river in nearby Brevard that is only about one to three feet deep. Float takes about 45-60 minutes; no skill or experience required.

French Broad River Kayak \$

Take an eight-mile float down the third oldest river in the world! Choose between a two-person canoe or a sit-on-top kayak. The river does have some faster spots, but overall this is a gentle float and a very relaxing way to see the mountains.

Intro to SUP (Stand Up Paddleboarding)

An opportunity to cover the basics on how to get on your board whether that is sitting, standing or kneeling. You will learn simple SUP paddling strokes for moving effectively on the water.

Pickleball

Pickleball is a paddle sport that combines elements of badminton, tennis, and ping pong. Fun, quick-paced, and simple to learn, this new game is catching on quickly with all ages. May be played in doubles or singles.

Sliding Rock

Sliding Rock is a natural waterslide located on Looking Glass Creek in Pisgah National Forest. This waterfall streams over broad, smooth rocks that you can sit on and slide down. It has a gentle slope and is about 60 feet long, ending in a large, deep pool (between six and seven feet deep) at the bottom. Lifeguards are on duty since this area is popular with visitors of all ages.

SpikeBall

SpikeBall (as seen on TV's *Shark Tank*) is a hot new backyard game. This fun fitness activity has similar rules to volleyball, but it uses a small, circular net on the ground and a smaller ball. Team-based and with no boundaries after the serve, this one is sure to get you moving.

SUP Yoga

Learn the basic skills of stand-up paddleboarding (SUP), one of the fastest growing sports. Soon, you will be walking on water and enjoying all the health benefits associated with SUP!

Swim Technique

Tired of barely being able to keep afloat? Jump into this class to hone your swimming skills. Learn proper body positioning, efficient breathing and how to swim more effortlessly, all while reducing any swimming-related anxiety.

Walks and Hikes

A staple in the Skyterra program are our numerous walks and hikes. Whether on Skyterra's campus or the surrounding mountain trails, opportunities to move your body in nature are abundant. Explore the beautiful Blue Ridge Mountains and surrounding National Forests and Parks. Hikes vary in difficulty levels and are offered frequently; all are optional to attend.