October

MONDAYS

6:45-7:30 am **Silent Meditation Sessions** non-taught
9:30-10:30am **Awareness Through Movement: Feldenkrais inspired mat class**, bring a mat, $15/drop in, $72/6 classes
4-5pm **Sopris Soarers: Little Soarers Aerials Silk Class**, ages 6-10 | $18/class
4-4:45pm **Crystal River Ballet: Pre Ballet**, ages 4.5-5 | $65 month
5-6pm **Sopris Soarers: Youth Aerial Silk Class**, ages 10-15 | $18/class
5-6pm **Crystal River Ballet: Intro to Ballet**, ages 5.5-7 | $70/month
6-7:30pm **Crystal River Ballet: Beginning Ballet & Stretch**, ages 11+ w/ 2 yrs experience | all adults welcome | $75/month
7:30-9:30pm **Country Couples Dance Class & Practice Session**, $10 per person

TUESDAYS

2-3:30pm, **Carbondale Lactation: Breastfeeding Support Group,** donation based
3:30-4:15pm **Youth DanceLAB: creative dance**, ages 5-6 | $40/month
4:30-5:30pm **Youth DanceLAB: creative dance fundamentals and dance making**, ages 7-10 | $45/month
6:30-7:30 **Community Zumba,** FREE, no experience necessary
7:30-9pm **Capoeira Angola**, all levels | $8

WEDNESDAYS

6:45-7:30am **Silent Meditation Sessions,** non-taught
9-10:30am **Himalayan Yogini: Hatha Inspired Yoga**, bring a mat, $16/drop in, $75/5 classes, $98/7 classes
3:30-4:30pm **Sopris Soarers: Little Soarers Aerial Silks Class**, ages 6-10 | $100/5 classes
5-6pm **Crystal River Ballet: Contemporary Dance I**, ages 7+ | adults welcome | $70/month
5:30-6:30pm **Roaring Fork Nia**, $12/drop in, no experience necessary
6-7:15pm **Crystal River Ballet: Contemporary Dance II**, ages 11+ w/ 2 yrs experience | adults welcomel $75/month
7:30-8:45pm **Yoga & Dharma Practice**, bring a mat, donation based

THURSDAYS

9-10:15 **Kundalini Yoga w/ Gong Resonance Therapy**, six week series $85 | $16 drop in
4-4:45pm **Crystal River Ballet: Creative Dance**, ages 3-4 | $65/month
4-5pm **Sopris Soarers: Monkey Time Aerial Play**, all ages | $18/class
5-6pm **Crystal River Ballet: Ballet 1 & 2**, ages 7+ | $70/month
5-6pm **Sopris Soarers: Soar With Me, Aerial Silks For Mother & Child Aerial Silks Class**, $25/duo
6-7:30pm **Crystal River Ballet: Intermediate Ballet**, ages 11+ w/ 2yrs experience | adults welcome | $75/month
7:30-9:30pm **Mezcla Social: practice sessions for salsa, merengue, etc,** experience necessary | $2 donation
7:30-9pm **Capoeira Angola**, all levels | $8

FRIDAYS

6:45-7:30am **Silent Meditation Sessions,** non-taught
9-10:30am **Himalayan Yogini: Hatha Inspired Yoga**, bring a mat, $16/drop in, $75/5 classes, $98/7 classes
12-1pm, **Aroma Pilates: pilates and aromatherapy** class, $50/5 and the first class is $5

SATURDAYS

9:45-10:30am **Crystal River Ballet: Pre Ballet**, ages 4.5-5 | $65 month
10:30am-12pm **Crystal River Ballet: Ballet 3-4,** ages 11+ w/ 2 yrs experience | $75/month

SUNDAYS

9-10:30am **Himalayan Yogini: Hatha Inspired Yoga**, bring a mat, $16/drop in, $75/5 classes, $98/7 classes
12-1:30pm **Breastfeeding Support Group,** donation based
5-7pm **Private Classical Guitar Lessons**, $60/hr | by appointment only

SPECIAL EVENTS

October 7, 6-8pm **Carbondale Arts Opening Reception of Vantage Points,** FREE
October 18, 6-7pm **Artist In Residence: Lecture & Demo with Rashaun Mitchell + Silas Riener**, FREE
October 20, 7:30pm **Studio Presentation of Work In Progress with Rashaun Mitchell + Silas Riener**, $15
October 21, 10am-12pm **Workshop with Rashaun Mitchell + Silas Riener,** $15

TURN OVER FOR TEACHER CONTACT INFORMATION

THE LAUNCHPAD PARTNERS

Aroma Pilates
Marissa Lins | zengirlblogs@gmail.com

Aspen Dance Connection: Integrated Yoga
Fran Page | (970) 927-0641 | aspendance@comcast.net

Awareness Through Movement
Jessi Hastings | (970)948-8968 | jessidh27@gmail.com

Carbondale Lactation: Breastfeeding Support Group
Meagan Shapiro | meaganlondy@gmail.com

Capoeira Angola:
Amanda Trakas & Michael Lintner | AngolaRFV@gmail.com

Classical Guitar Lessons:
James Katzenberger | 970) 510-5015 | music@jameskatzenberger.com | jameskatsenberger.com

Community Zumba
Brandi Parsley | (417)844-3009 | FitnessFunBrandi@hotmail.com

Country Couples Dance:
Bill McCann, (970)366-6463 | billypat4@gmail.com

Crystal River Ballet:
Jeni Ptacek, (970) 987-4880 | msjeni@crystalriverballet.com | www.crystalriverballet.com

Adult DanceLAB
Deborah Colley, (970)379-0376 | debcolley@gmail.com | www.dancelabcarbondale.com

Youth DanceLAB
Rochelle Norwood, (530) 919-1385 | rochellenorwood@hotmail.com | www.dancelabcarbondale.com

Heart Rhythm Community Ecstatic Dance
Alejandra Rico | alejandraricobustillos@gmail.com

Himalayan Yogini: Hatha Yoga
Devika Gurung, (970)963-2054 | www.himalayanyogini.com

Kundalini Yoga & Gong Resonance Therapy
Molly Hunsaker, (970)404-0701

Mezcla Social
Claudia Pawl | (970) 963-8425

Roaring Fork Nia
Steve Alldredge | (970)319-5738 | stevealldredge@gmail.com

Silent Meditation:
Russ & Linda Criswell | rcriswell@hotmail.com

Sopris Soarers: Aerial Silk Instruction:
Stacy Everson | (808)346-2923 | cdaleaerialartists@gmail.com

Artist In Residence Program | Dance Initiative
Peter Gilbert **,** 970 963-8681 | danceinitiative@gmail.com | danceinitiative.org

Yoga & Dharma Practice
Lisa Goddard, (970)510-0212 | lisa@roaringforkinsight.org | www.roaringforkinsight.org

THE LAUNCHPAD FACILITATED BY CARBONDALE ARTS & DANCE INITIATIVE

Dance Initiative
Peter Gilbert **,** 970 963-8681 | danceinitiative@gmail.com | danceinitiative.org

Carbondale Arts
Amy Kimberly, (970)963-1680 | amy@carbondalearts.com | carbondalearts.com