

the Improper

Bostonian

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BODY & MIND

Edited by



LIGHTEN UP Find your inner peace as you walk along a candlelit labyrinth in Armenian Heritage Park on Dec. 17.

PHOTO: MARY COVAT

EVENTS

CANDLELIT LABYRINTH PEACE WALK Armenian Heritage Park, Rose Fitzgerald Kennedy Greenway, Boston. armenianheritagepark.org. MBTA: Red Line to South Station. Dec. 17, 4:30 pm. Free. Participants walk the winding path to tie a ribbon on the Wishing Tree, and then enjoy hot chocolate and cookies from the Bostonian Hotel and an a cappella performance by Wellesley High School's Ladies First.

COLLECTIVE LIBERATION: A PEOPLE OF COLOR AFFINITY GROUP Shambhala Meditation Center, 646 Brookline Ave., Brookline (617-734-1498) boston.shambhala.org. MBTA: D Green Line to Brookline Village. Dec. 14, 7 pm. \$5-\$10, suggested donation. This evening of meditation, dharma study and

BOLLYX The Dance Complex, 536 Mass. Ave., Cambridge (617-547-9363) bollyx.com. MBTA: Red Line to Central. Mon. and Thu., 8:30 pm. \$15. This Bollywood-inspired cardio dance fitness class is suitable for all ability levels.

BREATH-CENTERED YOGA CLASS Balans Wellness Studio, 376 Boylston St., Boston (617-450-8333) boston.balans.com. MBTA: Green Line to Arlington. Thu., 6:30 pm. \$20. Led by Stephanie Bellissimo, this class focuses on restorative vinyasa sequences and deep breathing.

CARDIO KICKFIT C.W. Taubman St., Cambridge (617-876-4833) cwfitt.com. MBTA: Red Line to Central. Mon. and Wed., 6:30 pm. \$20. Students use boxing and tai chi to strengthen their muscles at the classes.

GLOW YOGA FUSION Acorn Yoga Boston (617-268-8201) acornyoga.com. MBTA: Red Line to BC. Fri.-Sat., 8 pm. \$20. This vinyasa yoga class incorporates candlelit black lights and incorporates cardio and dance elements.

JOINT MOBILITY COURSE La Via The Swiss Healing Center, 7 Court St., Boston (617-936-4268) [laiviahealing.com](http://laviahealing.com). MBTA: Green Line to Aquarium. Mon., 6 pm. \$15. Increasing joint motion and flexibility.

MEDITATION MONDAYS Yoga Boston (617-377-4747) yogaboston.com. Courthouse. Mon., 8 am. \$15. Includes a 30-minute rooftop meditation.

PURE BARRE DROP-IN CLASS 350 Newbury St., Boston (617-552-1122) ma-boston.mbta.com. MBTA: Green Line to Downtown Crossing. Sat., 10 am. \$15. Includes a 30-minute rooftop meditation.

TONE FOR RUNNERS Itone Fitness, 1100 Waverley St., Waverley (617-552-1122) itonefitness.com. MBTA: Green Line to Downtown Crossing. Sun., 1:30 pm. Tue., 6 pm. This class for runners focuses on strengthening the core and arms.