

CLASS/WORKSHOP DESCRIPTIONS

These classes are designed as repeatable, single-session classes for a duration of 45, 60, 90, or 120 minute intervals. All levels of movers are welcome; no prior experience necessary. Classes can be personalized for individual instruction, or expanded for small, large, or corporate group settings. Classes can be conducted both in-person and online.

Beginner Power Yoga

Power vinyasa yoga for the absolute beginner

New to yoga? Coming back after a long hiatus? Not quite sure how to begin?

This is the perfect class for you! Step out of your comfort zone and start here in beginner power yoga. Learn the importance of breath, the possibilities of persistence, and the potential for personal transformation through the discipline and freedom of a power yoga practice. We will journey through a sequence of postures that support the development of a fully aligned and empowered body & mind, building strength, stamina, endurance, expression, and flexibility over time. We begin with the basics together, and through supported agency you will uncover a dynamic power vinyasa practice that feels personal, authentic, and embodied.

*You will need:

(1) Yoga mat (5 mm)

Optional:

(2) Yoga blocks, cork or foam

(1) Strap

Water

Towel

Restorative Yoga

Deep relaxation and release for the body, mind and spirit

Take time for yourself and come into your own inner sanctuary through a deeply relaxing and restorative yoga practice. With gentle static movements held for 5-7 minutes at a time and focused breathwork, this class will help release muscular tension, soothe the nervous system (from fight or flight to rest & digest), support immune health, and help detoxify the body & mind. We surrender it all on the mat to create space for something new.

*You will need:

(1) Yoga mat (5 mm)

Optional:

(2) Yoga blocks, cork or foam

(2) Pillows
(1) Blanket
Water
Towel
Journal/Pen

Freeform (Dancing) Asana

Cultivating joy in movement and embodying true intention on the mat

This mat practice is designed to invite an original and self-directed expression of movement on your mat! The intention is to practice an internal listening, and to observe and experience the body's progression from rest to action. Beginning with a strengthening warm up sequence to prepare for movement, you will be led to explore your own unique expression of asana with open space and time. We will focus on breath, pacing, balance, texture, and play, with music guiding our creative practice of presence and play. We invite the practice of self-study and acceptance through movement liberation.

*You will need:

(1) Yoga mat (5 mm)

Optional:

(2) Yoga blocks, cork or foam

(1) Strap

Water

Towel

Guided Meditation

Available in person or online (15, 30, and 45 minute intervals)

You're invited to a powerful meditation & breathwork session designed to create space in the body and mind. This can be done in a comfortable seated position, or laying down on a mat or floor.

Example of meditation topics:

(Additional topics available by request)

Self-love and acceptance

Deep release and letting go

Affirming vision and aligning goals

Trauma release meditation

Community building, letting others in

Heart opener meditation
Practicing Presence: silence and stillness

*You will need: a comfortable and quiet space, preferably secluded

Sabbath Movement Worship: The Workshop Series

A biblical approach to mindfulness, meditation, and movement

A slow-paced movement and meditation practice on your mat designed to refocus the mind and restore the body from a foundation of biblical rest. Over a series of (4) Saturdays, we will investigate the Sabbath principle through the body temple, focusing on faith, scripture, stillness, and self-study.

*You will need:

(1) Yoga mat (5 mm)

Optional:

(2) Yoga blocks, cork or foam

(2) Pillows

(1) Blanket

Water

Towel

Journal/Pen

The Self-Love Workshop

Heart-centered asana, meditation, and breathwork designed to be taken individually or in community at home

Would you like to experience a self-love BOOST from the inside out? What if your loved ones could also join you and experience that same increase for themselves? And what if this could all happen from the comfort of your own home?

It can!

You (and your crew) are invited to attend a virtual self-love workshop in celebration of YOU this Valentine's Day! Fall in love with your own life by honoring and filling yourself with love, first. Then, you can freely give it to others!

Join Camille on Zoom as she guides you through a restorative movement journey that will cultivate a deep sense of self-love, care, and creativity. Please be sure to set up your most comfortable space before the workshop begins so that your practice environment supports your

intention, and don't forget your yoga/athletic mat, journal, and a pen. Prepare to leave feeling full and ready to share your infectious lovejoy with others.

*You will need:

(1) Yoga mat (5 mm)

Optional:

(2) Yoga blocks, cork or foam

(2) Pillows

(1) Blanket

Water

Towel

Journal/Pen

Learning how to fly: The Yin & Yang Workshop Series for Advanced Practitioners

(2) back to back 90-min workshops in one weekend (i.e. Saturday & Sunday @12pm)

**Also could repeat 1 weekend each month for 3 months*

This workshop series is designed to ignite agency in one's asana practice and to embody the freedom of choice through a balanced weekend of power and restorative yoga. On Saturday (yang/power), practitioners will explore advanced poses inserted into a Journey Into Power sequence with modifications that build strength, invite curiosity, and deepen expression through action. On Sunday (yin/restorative), practitioners will receive the benefits of their labor through a relaxing restorative yoga practice, with gentle asana and inquiry that assists a conscious surrendering to the body's quiet instruction of rest. The intention for this workshop weekend is for practitioners to leave feeling enlightened, rejuvenated, and confident to listen and express one's asana from a place of truth and balance.

*You will need:

(1) Yoga mat (5 mm)

Optional:

(2) Yoga blocks, cork or foam

(1) Strap

Water

Towel

Additional Class Offerings (non-movement)

- Creative Vision & Goals workshop session
- [Liz Lerman's Critical Response Process](#) for constructive feedback in sharing works-in-process with team/community
- Gentle massage therapy services & hands-on assistance in class

RETREAT/ EXTENDED COURSE DESCRIPTIONS

Please note that these course programs can be modified or redesigned for any specific length of time, theme, or intention

The Embodied Creative

A 90-Day Journey To Personal Transformation

Program Description:

Month One: DEFINE - Study Your Mind

Month Two: DEMAND - Unlock Your Voice

Month Three: DEFEND - Stand in Your Power

Mondays at 8AM

Morning Mindfulness: At the start of each week, we begin with a gentle meditation-based practice designed to help you establish or fortify a daily morning routine rooted in mindfulness and self-inquiry. Through guided breathwork, journal prompts, and gentle awakening postures, this time will help you build consistency and commitment to your daily morning practice. Live on Zoom.

Wednesdays at 6PM

Restorative Yoga: Press pause and drop into your own inner sanctuary through a deeply relaxing and restorative yoga practice. We surrender it all on the mat to create space for something new. Live on Zoom.

Saturdays at 10AM

Power Vinyasa Yoga: Step into the fire of your yoga practice and journey towards radical & transformational growth. With incredible health benefits for the mind and body, the power practice is the pinnacle session of each week. Live on Zoom.

4th Sunday of the Month 6PM

Family Dinner: Come together with your class community to connect and receive through shared knowledge, resources, and dialogue. An open forum for members to cultivate love and purpose. Live on Zoom.

Note:

-All classes are recorded and shared each week.

-Program membership also includes an invitation to a private facebook group for community dialogue, resources, and communication!

My Authentic Authority

Your Personalized Self-Care Retreat Weekend

(can be repurposed for a group retreat experience with the intention of building community together or working towards a specific team goal)

A space curated for you to fully express and experience your own unique desires, pleasures, and intentions as we work together to develop your ideal 3-Day Self-Care Retreat, rooted in your Authentic Authority. With a clear AM to PM schedule tailored to model the Sun & Moon energies of action and rest, we make room for the delicate balance of structure & freedom, plans & possibility, and power & play to manifest in one abundant weekend.

What We Offer:

-1 on 1 Introductory Call: Meet with Camille to get clear about your personal retreat intention and prepare for your self-care journey. How do you want to spend your time? What do you need to bring? What will you leave at home? How do you want to feel when it's over? What do you want to create?

-Personalized Itinerary: With an AM/PM format, we design the first half of your day for your personal work and development; the second half of your day for exploration and play.

-Personalized Instruction: With a uniquely designed weekend, your work sessions and feedback will be personally focused and specific.

Sample daily itinerary:

8:00 am: Wake Up + Light Breakfast

8:30 am: Meditation

9:00 am: Yoga Practice

10:00 am: Journal or Morning Walk (In Quiet Observation)

11:00 am: Reflections and Feedback

12:00 PM: Lunch

~Free time or curated play for the rest of the day

About Me

Camille Rennie is originally from Somerset, New Jersey and began her professional dance training with PHILADANCO!'s 2nd company while earning a BFA in dance from Temple University. She performed extensively in concert dance, musical theater, and Latin ballroom, and later went to Rutgers University to obtain her MFA in dance. For her thesis, she choreographed and produced the evening-length dance production of Ella's Trip (2019), and subsequently published part of her written work in *Black Dance Magazine* (2020). Camille's choreography has since been presented by Rutgers University, Stockton University, Dance New Jersey, Newark Dances, WestFest Dance Festival, BAAD! Bronx, and coLAB Arts, along with many other schools and institutions of dance. She also served as Choreographer for regional productions with the Tony Award-winning, Crossroads Theatre Company. Camille is the Founder, Director, and Choreographer of Company of Collaborative Artists (CoCA) www.cocamoves.com), a university adjunct professor in dance and somatics, and a certified yoga instructor (RYT-200 hr).

Links:

[CoCA Website](#)

[CoCA YouTube](#)

[CoCA LinkTree](#)

[Camille's LinkedIn](#)

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