

<u>Time</u>	<u>Class</u>	<u>Instructor</u>
<u>Monday</u>		
8:00 AM– 9:15 AM	Dynamic Yoga (Intermediate to Adv)	Thom
9:30 AM – 10:45 AM	Yoga Flow (Beginner to Intermediate)	Stacey
6:00 PM – 7:15 PM	Hatha Yoga (All Levels)	Pat
7:30 PM – 8:45 PM	Hatha Yoga (Intermediate to Adv)	Paula
<u>Tuesday</u>		
9:30 AM– 10:45 AM	Viniyoga (Beginner to Intermediate)	Mimi
6:00 PM – 7:15 PM	Viniyoga (Beginner to Intermediate)	Denise
4:30 PM – 5:45 PM	6 Week Prenatal Yoga Series. call studio for details	Mimi
7:30 PM – 8:45 PM	Vinyasa Yoga (Intermediate to Adv))	Paula
<u>Wednesday</u>		
8:00 AM– 9:15 AM	Dynamic Yoga (Intermediate to Adv)	Thom
9:30 AM– 10:45 AM	Hatha Yoga (Beginner to Intermediate)	Manisha
11:00 AM – 12:15 PM	Recovery Yoga (All Levels)	Skila
6:00 PM– 7:15 PM	Hatha Yoga (All Levels)	Pat
7:30 PM–8:45 PM	Vinyasa Yoga (Intermediate to Adv)	Claudia
<u>Thursday</u>		
8:15 AM– 9:15 AM	Meditation & Pranayama (All Levels)starts sept 8th	Manisha
9:30 AM – 10:45 AM	Viniyoga (Beginner to Intermediate)	Mimi
4:45 PM – 5:45 PM	4 week Teen Yoga Series. call studio for details	Manisha
6:00 PM – 7:15 PM	6 Week Prenatal Yoga Series . call studio for details	Mimi
7:30 PM – 8:45 PM	Dynamic Yoga (Intermediate to Adv)	Emily
<u>Friday</u>		
8:00 AM– 9:15 AM	Dynamic Yoga (Intermediate to Adv)	Thom
9:30 AM – 10:45 AM	Hatha Yoga (Beginner to Intermediate)	Pat
5:30 PM – 6:45 PM	Happy Hour Yoga (All Levels)	Joyce
<u>Saturday</u>		
9:00 AM– 10:15 AM	Vinyasa Yoga (Intermediate to Adv)	Katrina
10:30 AM– 11:45 AM	Hatha Yoga (All Levels)	Pat
<u>Sunday</u>		
9:00 AM – 10:15 AM	Vinyasa Yoga (Intermediate to Adv)	Emily
10:30 AM– 11:45 PM	Dynamic Yoga (Intermediate to Adv)	Thom
<u>Yoga Pricing</u>		
One week trial yoga	(new students only)	\$10
Single drop in		\$15/class
4 – class card /series	(valid for 30 days)	\$52
6 – class card	(valid for 60 days)	\$75
8 – class card	(valid for 60 days)	\$92
1 Month card unlimited	(valid for 30 days)	\$135
Monthly Memberships*	*6 month agreement minimum	\$99
Private yoga (60 mins)	Call for multiple session pricing	\$75
4 week Teen yoga series	Call studio for details	\$50/\$15 for drop in
6 week Prenatal series	Call studio for details	\$95/\$160 for both

Class Description

Yoga Flow

Enjoy a gently paced vinyasa class focusing on alignment, technique and pranayama to build balance, core strength & flexibility.

Dynamic Yoga

This style of practice links powerful breath with dynamic, flowing movements. Often referred to as *meditation in motion*, Dynamic Yoga cultivates strength, endurance, flexibility, balance, focus, serenity. This challenging practice will transform you from the inside out.

Hatha Yoga

Hatha yoga utilizes the practice of asanas (postures) and pranayama (conscious breathing) to bring about balance in one's life. All Hatha yoga classes emphasize correct posture and alignment and build strength, flexibility and concentration. Many of our teachers study and practice different styles of yoga including Kripalu, Scaravelli, Vinyasa, Ashtanga, Iyengar, Integral Yoga Therapy and more. Some teachers teach the traditions in their pure form; others draw from their training in a combination of the traditions.

Viniyoga

A deeply relaxing yet challenging form of practice, your class will include sustained slow breathing and postures paced to your breath. This form of practice trains your ability to focus, strengthens and retrains your body, and gives you the discipline to reach your goals. Your certified Viniyoga teacher has been trained to adapt poses and breathing techniques to best suit the needs and interest of the class.

Vinyasa Yoga

Vinyasa is a dynamic, vigorous and flowing blend of poses. It is the synchronization of breath with movement, and in Vinyasa classes postures are linked together in a continuous and challenging flow. The many benefits of this style include strength, detoxification, mental and physical balance, flexibility, and stamina. Every class will be a different sequencing of asanas, but you can be sure it will be challenging.

Restorative Yoga

If you've never done restorative yoga before, you're in for a real treat. Explore and nurture yourself as you go inward to turn down the volume of modern life. Restorative yoga incorporates asanas, pranayama and meditation to focus your mind and restore your energies. Props will be provided. 15 minutes of stretching asanas before restorative.

Recovery Yoga

A blend of yoga postures are used to promote physical and emotional healing in the body. Various muscle activation techniques along with restorative poses decrease stress while increasing body awareness through biofeedback. Recommended for recovery from physical or emotional trauma..

Happy Hour Yoga

Come sample Kundalini yoga, Yin yoga, Iyengar yoga, power yoga, restorative yoga, hatha yoga and vinyasa yoga. This class will leave you light and open to possibilities.

Meditation & Pranayama

Meditation is a process of working on bringing purity into our mind. There are different ways to purify your mind. In this class we will focus on gentle stretches to loosen up, Pranayama to bring smooth flow of energy into our system and calmness in our mind. Class also includes talk about Yam and Niyam to help purify our mind. Om chanting will be a big part of this class.

Yoga class sales are final and not transferrable. This schedule and pricing is subject to change without notice. Space subject to availability.