



**Changing your body will change you**

**Come transform with us!**

# Spring Schedule 2018

234 South Main  
Old Town Pocatello

Website:

[mindyourbodypocatello.com](http://mindyourbodypocatello.com)

Email:

[mindyourbody.com@gmail.com](mailto:mindyourbody.com@gmail.com)

MONDAY		
9:15-10:15 am	Ease Into Yoga	Kathy/Jeriann
6:15-7:45 pm	Yoga II, Intermediate	Stella
TUESDAY		
9:15-10:15 am	Beginning Kundalini	Diana
12:00-1:00 pm	Yoga/Pilates Mixed Class	Mary
5:45-6:45 pm	Yoga I, Beginner	Stella
7:00-9:00 pm	Gate City Dojo	Sensei
WEDNESDAY		
9:15-10:15 am	Ease Into Yoga	Kathy/Jeriann
12:00-1:00 pm	Yoga I/II, Beg/Int.	Stella
5:15-6:15 pm	Yoga for Strength & Balance	Shleace
7:30-8:30 pm	Ballroom Dance	Lori
THURSDAY		
5:15-6:15 pm	Stress Less Yoga	Lori
7:00-9:00 pm	Gate City Dojo	Sensei
FRIDAY		
8:30-9:30 am	Pilates	Amanda
SUNDAY		
3:00-4:15 pm	Yin Yoga	Lori

\*Classes may be cancelled after a 3-week trial period determined by participation. Please check the website for updates.

## Studio Owners

### Lori Head

208-251-2047

Education:

PhD: Adult Education

MA: Higher Education/Dance

BS: Physical Education/Science

Certifications:

PhysicalMind Institute Pilates

& Mat Equipment

NETA Yoga

Gyrokinesis

Feldenkrais Practitioner

### Stella Sandquist

208-234-2204

Experience:

Yoga Instructor since 1986

Yoga studies with:

B.K.S. & Geeta Iyengar,

1988, Pune, India

Faeq Biria

Carolyn Belko

Ann Richards

Neeta Datta

## Instructors

Ashely Ames

Kathy Olsen

Jeriann Sabin

Mary Schmidt

Shleace Shiosaki

Whitney Griggs

Amanda Stubblefield

Diana Schow

Victoria Byrd

## Class Description

**Yoga I - Beginner / Yoga II - Intermediate** – Yoga with an emphasis on precision and alignment. Along with this, sequencing plays an important role in the classes. Beginners should attend Yoga I.

**Ease Into Yoga** – Come try this fun, easy-going, gentle way to practice yoga and reap its numerous benefits. East into Yoga is perfect for the beginner or the timid.

**Yin Yoga** – Balance your “Yin” energy with this combination of Hatha and Taoist yoga targeting your ligaments and tendons. Postures are primarily seated or lying to promote clearing of energetic blockages, growth and enhance circulation. Please visit [mindyourbodypocatello.com](http://mindyourbodypocatello.com) for more info.

**Yoga for Strength & Balance** – This class will focus on the development of core strength and balance through a dynamic Vinyasa-style flow.

**Stress Less Yoga** – This sequence of gentle and supported poses is designed to calm the mind, balance the nervous system, nourish the internal organs and create a feeling of deep peace.

**Pilates** – Pilates focuses on training the body’s small interior muscles that support our skeletal system for balance and posture. Continued Pilates practice will build a longer, leaner physique while increasing strength, flexibility and coordination.

**Yoga/Pilates Mixed Class** – This is a multi-leveled class that provides the opportunity to honor your body, mind and spirit. Experience the support through our wonderful group energy! \*This is not a MYB Punch Card Class. If interested, please contact Mary 208-238-3270.

**Beginning Kundalini** – Immerse yourself in the use of breath and focus to increase flexibility and strength. Enjoy meditative music throughout class.

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### Class Prices

**Drop – In \$10**

**10-Class Punchcard \$75**

**Also, follow us on Facebook or our website for workshops and specialty classes!**

### Private Pilates Sessions

Lori Head 208-251-2047  
headlori@isu.edu  
Mary Schmidt 208-238-3270  
tlinksmmary12@gmail.com  
Ashley Ames 208-406-3421  
amesashl@isu.edu  
Sheena Phelps 208-221-9470  
phelshee@isu.edu