



YOGA STUDIO & ECO BOUTIQUE

### YOGA CLASS SUMMER SCHEDULE

July + August 2019

JOIN US FOR OUR 10 YEAR ANNIVERSARY  
OPEN HOUSE FRIDAY AUGUST 2, from 5-8 pm!

#### MONDAY

10:30 am -12:00 pm ~ Golden Fusion Yoga w/Maret  
5:45 pm -7:00 pm ~ Sweet Flow w/Erin W

#### TUESDAY

8:30 am-9:45 am ~ All Levels Vinyasa Flow w/Lisa  
11:00 am-12:30 pm ~ Internal Alignment w/Jane  
2:00 pm-3:00 pm ~ Stiff as a Board w/Kari\*\*  
Therapeutic Yoga + Meditation Course  
\*\* 6 week session, pre-registration required: 7/9 to 8/13

#### WEDNESDAY

8:30-9:30 am ~ All Levels Vinyasa Flow w/Phoenix  
10:30 am-12:00 pm ~ Golden Yoga w/Erin W  
12:30 pm-1:30 pm ~ Sweet Flow w/Erin W  
5:30 pm-6:30 pm ~ Barre w/Cindy

#### THURSDAY

8:30 am-9:30 am ~ Vinyasa Flow (Level 2-3) w/Tara  
10:00 am -11:15 am ~ Functional Yoga w/Jane  
5:30 pm-6:30 pm ~ \$5 Community Yoga w/Erin W

#### FRIDAY

8:30 am-9:30 am ~ All Levels Vinyasa Flow w/Staff  
10:00 am -11:30 am ~ Mindful Yoga w/Akiko  
12:00 pm-1:00 pm ~ Restorative/Yin w/Akiko

#### SATURDAY

9:00 am-10:15 am ~ Sweet Flow w/Staff  
10:45 am-11:45 am ~ Barre w/Cindy  
Saturday Workshops ~ See Website for Details

#### SUNDAY

10:30 am-12:00 pm ~ Tight Cowboys w/Staff  
4:30 pm-5:45 pm ~ Sunday Funday  
Restorative/Yin w/Carly  
6:30 pm-7:30pm ~ Tribal Fusion Bellydance  
(separate drop-in rate, not part of yoga class pass)

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### LIFE.LOVE.YOGA. CLASS DESCRIPTIONS

**Tight Cowboys** is a restorative class (tight cowgirls are also welcome!) focusing on therapeutic yoga. This class will help ease discomfort & tightness. Prop assisted and mat based.

**Golden Yoga** is a gentle and therapeutic class focused on the senior population, but all are welcome. Class is primarily mat based & prop assisted.

**Golden Fusion Yoga** has a focus on healthy aging + anytime renewal. A mellow mix of Meditation, Breathing Practices, Restorative, Yin, + Hatha Yoga.

**Internal Alignment** encourages conscious relaxation. Through internal awareness, this class is calming & therapeutic, while building flexibility & strength, improving posture & alignment.

**Functional Yoga** is a practice both on and off the mat focusing on balance, posture, and building stronger bones through slow, mindful movements.

**Restorative/Yin Yoga** offers us deep nourishment, rest and healing. Meditative style of practice, postures are typically supported by blankets & bolsters and are held for several minutes

**Mindful Yoga** is a soulful, meditative + contemplative practice meant to nurture deeper exploration + spiritual discovery. Cultivates wellness and attentiveness to the present moment

**Sweet Flow** is a reverent and awakening practice that will sweetly encourage the prana (life force energy) to flow. Gentle, slower vinyasa, introducing breath + flow movements

**All Levels Vinyasa Flow** is a practice that links breath with movement; yogis of all shapes and sizes, all ages and abilities are welcome to join in the practice and flow and move together.

**Vinyasa Flow (Level 2-3)** is designed for those who prefer a more vigorous practice. Linking postures & movement with the breath to build heat + strength. Intermediate & advanced poses are introduced.

**Community Yoga** is only \$5 to encourage those on a budget, or just wanting to give yoga a try, the ability to enjoy the benefits of the practice at a discounted rate. Gentle/Restorative practice

**Barre** is a fusion of ballet, pilates and yoga. Build physical strength & balance while increasing your mind-body connection. All fitness levels welcome, no prior experience needed.

#### CLASS PRICES

Single Class Drop-In \$15  
3 Class Visitor Pass \$36  
5 Class Pass \$55  
10 Class Pass \$100  
20 Class Pass \$180  
Community Yoga \$5