



YOGA + BARRE FALL CLASS SCHEDULE

September + October 2019

MONDAY

9:00 am-10:00 am ~ Monday Meditation Series :

Yin Yoga + Guided Meditation w/Kari **

***4 weeks of October, Pre-registration required*

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

6:00 pm-7:30 pm ~ Yoga Basics w/Phoenix **

*** 7 week session, pre-registration required: 9/17-10/29*

WEDNESDAY

8:30-9:30 am ~ All Levels Vinyasa Flow w/Phoenix

10:30 am-12:00 pm ~ Golden Yoga w/Kari

12:30 pm-1:30 pm ~ Sweet Flow w/Kari

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

6:30 pm-7:30pm ~ Tribal Fusion Bellydance

(separate drop-in rate, not part of yoga class pass, month of September only)

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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. Thru 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

