

**SPRING YOGA CLASS SCHEDULE**

February, March, April 2019

**MONDAY**

8:30 am-9:30 am ~ Vinyasa Flow w/Becca  
10:30-12:00 ~ Golden Fusion Yoga w/Maret  
5:30 pm-6:45pm ~ Vinyasa Flow w/Erin W

**TUESDAY**

11:00 am-12:30 pm ~ Internal Alignment w/Jane  
6:00 pm-7:00 pm ~Yoga Basics w/Phoenix  
7:30 pm ~ *Tribal Fusion Bellydance*  
(separate drop-in rate, not part of yoga class pass)

**WEDNESDAY**

8:30-9:30 am ~ Vinyasa Flow w/Phoenix  
10:30 am-12:00 pm ~ Golden Yoga w/Staff  
12:30 pm-1:30 pm ~ Sweet Flow w/Staff

**THURSDAY**

8:30 am-9:30 am ~ Vinyasa Flow 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 ~ Vinyasa Flow w/Phoenix  
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  
Saturday Workshops ~ See Website for Details

**SUNDAY**

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

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**STUDIO CLOSED MARCH 1-3 FOR SPECIAL RETREAT :**

**THE YOGA OF DEATH + DYING**

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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, helping to improve 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 at a time

**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 vinyasa, introducing breath + flow movements

**Vinyasa Flow** 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. Awakening + rejuvenating

**Community Yoga** 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. Mixed level class

**Yoga Basics** for those that are new to the practice of yoga, or for those just wanting a refresher. Focus on building understanding, alignment and comfort in the basics of Hatha Yoga in a welcoming and non-intimidating way.

**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