



Changing your body will change you

Come transform with us!

Fall Schedule 2017

234 South Main
Old Town Pocatello

Website:

mindyourbodypocatello.com

Email:

mindyourbody.com@gmail.com

| MONDAY | | |
|---------------|---|----------|
| 9:15-10:15 am | Ease Into Yoga | Kathy |
| 6:15-7:45 pm | Yoga II, Intermediate | Stella |
| TUESDAY | | |
| 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 |
| 12:00-1:00 pm | Yoga I/II, Beg/Int | Stella |
| 5:30-6:30 pm | Stress Less Yoga | Lori |
| 6:30-7:25 pm | 11/8-Foam Roller, 11/15-Therapy balls, 11/28-Feldenkrais, 12/6-Beginning Yoga | Lori |
| 7:30-8:30 pm | Ballroom Dance | Lori |
| THURSDAY | | |
| 5:00-6:00 pm | Yoga for Strength & Balance | Schleace |
| 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

Earl Coffman

Kathy Olsen

Mary Schmidt

Sheena Phelps

Whitney Griggs

Amanda Stubblefield

Class Description

Yoga I - Beginner / Yoga II - Intermediate – This Iyengar-based method of Yoga defines itself as different from other styles of Yoga by three key elements: technique, sequence and timing. 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 you “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 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.

Props for Fun Floor Pilates – Work out all the kinks of a long day at the office (whatever your office may be!). For fifty minutes, we will extend the spine, re-strengthen the core and lengthen muscles!

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.

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
tlinksmary12@gmail.com
Ashley Ames 208-406-3421
amesashl@isu.edu
Sheena Phelps 208-221-9470
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