



**Changing your body will change you**

**Come transform with us!**

# Fall Schedule 2017

11/15 - 12/15

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
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
5:00-6:00 pm	Yoga for Strength & Balance	Schleace
6:30-7:25 pm	11/28 - Feldenkrais and Gyro 12/06 - Feldenkrais and Gyro	Lori
7:30-8:30 pm	Ballroom Dance	Lori
THURSDAY		
5:30-6:30 pm	Stress Less Yoga	Lori
7:00-9:00 pm	Gate City Dojo	Sensei
FRIDAY		
8:30-9:30 am	Pilates	Amanda
6:30-7:30 pm	*Om for the Holidays (12/1-12/29)	Julie
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

Schleace Shiosaki

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. Ease 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.

**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.

**\*Om for the Holidays** – Destress this holiday season by joining us for a December Vinyasa Yoga series offered by Julie Frischmann. Every Friday at 6:30pm starting December 1 – 29<sup>th</sup>. \*The class is by donation with a suggestion of \$25 for all five classes.

---

### 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](mailto:headlori@isu.edu)

Mary Schmidt 208-238-3270

[tlinksmary12@gmail.com](mailto:tlinksmary12@gmail.com)

Ashley Ames 208-406-3421

[amesashl@isu.edu](mailto:amesashl@isu.edu)

Sheena Phelps 208-221-9470

[phelshee@isu.edu](mailto:phelshee@isu.edu)