

SPRING YOGA CLASS SCHEDULE

April + May 2017

MONDAY

9:00 am-10:00 am ~ Vinyasa Flow w/Akiko
10:30 am-12:00 pm ~ Golden Yoga w/Nancy
4:30 pm-5:30pm ~ Strong Vinyasa w/Becca
First Monday of the Month Meditation Class
6:00 pm-8:00 pm w/Barbara by Donation

TUESDAY

8:30 am-9:30 am~ Vinyasa Flow w/Erin
11:00 am-12:30 pm ~ Internal Alignment w/Jane
5:30 pm-6:30 pm ~ \$5 Community Yoga w/Nancy

WEDNESDAY

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

THURSDAY

9:00 am-10:15 am ~ Stronger Bones + Balance w/Jane
11:00 am-12:00 pm ~ Yin Yoga w/Stephanie
12:30 pm-1:30 pm ~ Sweet Flow w/Stephanie
5:30 pm-6:30 pm~ \$5 Community Yoga w/Erin

FRIDAY

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

SATURDAY

9:00 am-10:15 am ~ Vinyasa Flow w/Stephanie
Saturday Workshops ~ Check Online for Details

SUNDAY

8:30-10:00 am ~ Zazen Meditation w/Nancy
10:30 am-12:00 pm ~ Tight Cowboys w/Kari
5:30 pm-6:45 pm ~ Yin Yoga w/Erin
Sunday Workshops ~ Check Online for Details

We look forward to practicing with you!

www.lifeloveyoga.com

164 N. ELM ST. SISTERS, OR
call/text 541.390.5678

Like us on FACEBOOK for up-to-date schedule changes,
workshop details and special events

Tight Cowboys is a restorative class for those tight cowboys (tight cowgirls are also welcome!) Focusing on therapeutic yoga for the low back, hips & shoulders. This class will help ease discomfort & tightness. Prop assisted

Golden Yoga is a gentle class focused on the senior population, but all are welcome. Class is primarily mat based & prop assisted. Focus is on a restorative practice, helping ease tension & increase balance + clarity

Internal Alignment is a practice that encourages conscious relaxation. Thru internal awareness, this class is calming & therapeutic, while building flexibility & strength, helping to improve posture & alignment.

Restorative/Yin Yoga offers us deep nourishment, rest and healing. In this meditative style of practice, postures are typically fully supported by blankets & bolsters and are held for several minutes at a time, inviting us to settle into ease

Mindful Yoga is a soulful, meditative + contemplative practice meant to nurture deeper exploration + spiritual discovery. Cultivates wellness and attentiveness to the present moment while supporting the needs of the body + mind

Stronger Bones + Better Balance is a classical practice that encourages personal exploration while emphasizing proper alignment. Building strength with awareness, this class is influenced by both Prajna & Iyengar yoga traditions.

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 for the Sisters Community

Zazen Meditation "Zazen" simply means "seated meditation"—there is nothing to believe in, and nothing special to do or be. We simply sit down on a cushion (or a chair) and learn to pay attention to what is going on. Two 25 minute sits with a 5 minute walking meditation (kinhin) between. Guidance on sitting meditation practice is available and newcomers are always welcome.

CLASS PRICING

drop-in \$12

community yoga \$5

5 class card \$55 (first class free, 6 classes total)

10 class card \$100 (first class free, 11 classes total)

20 class card \$180 (first class free, 21 classes total)

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