



Changing your body will change you

Come transform with us!

Spring Schedule 2018

234 South Main
Old Town Pocatello

Website:

mindyourbodypocatello.com

Email:

mindyourbody.com@gmail.com

MONDAY		
9:15-10:15 am	Ease Into Yoga	Kathy/Jeriann
6:15-7:45 pm	Yoga II, Intermediate	Stella
TUESDAY		
9:15-10:15 am	Sivananda Yoga	Diana
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/Jeriann
12:00-1:00 pm	Yoga I/II, Beg/Int.	Stella
5:15-6:15 pm	Yoga for Strength & Balance	Shleace
7:30-8:30 pm	Ballroom Dance	Lori
THURSDAY		
9:15-10:15 am	Sivananda Yoga	Diana
5:15-6:15 pm	Stress Less Yoga	Lori
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

Kathy Olsen

Jeriann Sabin

Mary Schmidt

Shleace Shiosaki

Whitney Griggs

Amanda Stubblefield

Diana Schow

Victoria Byrd

Class Description

Yoga I - Beginner / Yoga II - Intermediate – Yoga with an emphasis on precision and alignment. Along with this, sequencing plays an important role in the classes. 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.

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.

Sivananda Yoga - Intermediate with inverted and prolonged poses – Immerse yourself in classic Sivananda meditation, breath, exercise, and relaxation. Dive deep into each pose and enhance physical strength and flexibility, mental awareness and emotional peace.

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

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