

Monday

9:15 - 10:15 AM Ease Into Yoga
6:15 - 7:45 PM Yoga II, Intermediate
6:00 - 7:00 PM Adult Tap @Van Gogh

Tuesday

9:15 - 10:15 AM Beginning Kundalini
12:00 - 1:00 PM Yoga/Pilates Mixed
4:30 - 5:30 PM Mindful Panda Yoga
5:45 - 6:45 PM Yoga I, Beginner
7:00 - 9:00 PM Gate City Dojo

Wednesday

9:15 - 10:15 AM Ease Into Yoga
12:00 - 1:00 PM Yoga I/II
5:15 - 6:15 PM All Levels of Yoga
6:20 - 7:20 PM Zumba
7:30 - 8:30 PM Ballroom Dance

Thursday

5:15 - 6:15 PM Stress Less Yoga
7:00 - 9:00 PM Gate City Dojo

Friday

5:15 - 6:30 PM Vinyasa Flow Yoga

Saturday

Workshops/Events: See Website for details!

Sunday

10:00- 11:00 AM Choreographed Floor Pilates
3:00 - 4:15 PM Yin Yoga

*Classes may be canceled after a 3-week trial period determined by participation. Please Check website

Spring Schedule 2019

234 South Main St.
Old Town Pocatello



Lori Head
(208)251-2047

Education:

PhD: Adult Education
MA: Higher Education/Dance
BS: Physical Education/Science

Certifications:

Physical Mid 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

Check out our website @
mindyourbodypocatello.com

Or email us @
mindyourbody.com@gmail.com

Follow us on Facebook! For specialty
workshops & classes!

Ask us about our massage therapists!

Class Description

Yoga I Beginner / Yoga II Intermediate – *Stella Sandquist* – 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 – *Kathy Olsen* – 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 – *Lori Head* – 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 for more information.

Ballroom – *Lori Head* – Come learn basic ballroom steps, NO partner needed, each week there are different styles and steps! We learn everything from cha-cha to waltz to swing and everything in-between!

Zumba – *Earl Coffman* – Letting loose the inner shake! Join us in an energetic, heart raising, hip swinging, exercise dance. Easy for follow! No need to “know” or “be” a dancer! Two Left feet is better than none!

Stress Less Yoga – *Lori Head* – 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.

Vinyasa Flow Yoga – *Julie Frischmann* – Multi-leveled class that provides a wonderful beginning to the weekend! Enjoy greater strength and length! *This is not a MYB Punch Card Class. If interested please contact Julie 208-406-8102.

Yoga/Pilates Mixed Class – *Mary Schmidt* – 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 contact Mary 208-238-3270.

Beginning Kundalini – *Diana Schow* – Immerse yourself in the use of breath and focus to increase flexibility and strength. Enjoy meditative music throughout class.

Choreographed Floor Pilates – *Bunny Walsh* – Floor Pilate movements set to music. A fun innovated way to connect the beat of the music to Pilates!

INSTRUCTORS

Ashley Ames

Julie Frischmann

Whitney Griggs

Victoria Byrd

Marian Twitchell

Ethan Likness

Kathy Olsen

Mary Schmidt

Diana Schow

Bunny Walsh

Earl Coffman

Class Prices

~Drop-In \$10

~10 Class Punch Card \$75

~for Private Pilates Sessions

PRIVATE PILATES SESSIONS

Lori Head : (208)251-2047

headlori@isu.edu

Mary Schmidt : (208)238-3270

tlinksmaty12@gmail.com

Ashley Ames : (208)406-3421

amesashl@isu.edu