

STUDIO B SCHEDULE

(effective 12/1/2019 – 12/31/2019)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-7:00 AM Sunrise Yoga Christine		6:00-7:00 AM Sunrise Yoga Cathy		
	8:00-9:00 AM Morning Flow Yoga Christine		8:00-9:00 AM Gentle Yoga Laurie		8:00-9:00 AM Morning Flow Yoga Cathy	8:00-9:00 AM YMCA Programs (Tai Chi)
	9:30-10:30 AM YMCA Programs (Tai Chi)					
						10:30-11:30 AM Yoga Flow Laurie
	12:00-12:45 PM Pilates Mat Cathy	11:30-12:30 PM Yin Yoga Christine	12:00-12:45 PM Pilates Mat Cathy	11:30-12:30 PM Yoga Flow Laurie	11:30-12:30 PM Yin Yoga Christine	
		5:30-6:30 PM Yoga Flow Ana	5:30-6:30 PM YMCA Programs (Tai Chi)	5:30-6:30 PM Yoga Flow Ana		
6:45-7:45 PM Candlelight Yoga Laurie/Cathy	6:45-7:45 PM Restorative Yoga Jason				6:30-7:30 PM Candlelight Flow Yoga Jason	

YOGA ETIQUETTE

- **Arrive 5-10 minutes early** that way you can get set up with props and are ready to start class on time.
- **Bring only** what you need into the space- mat, towel, and water bottle. Personal belongings such as bags, cell phones, and shoes can be stowed in the cubbies outside the studio, or downstairs in the locker rooms. Please silence cell phones.
- **Observe** silence within the studio. We want a calm, quiet space in the studio.
- **Keep** conversations with fellow yogis out in the common areas.
- **Unroll** your mat gently and quietly so you do not disturb others.
- **Plan** to stay.
- **If** you must leave early, plan to do so BEFORE final relaxation.
- **Join** a class that is suitable to your experience level. Follow the guidance of your instructor and rest in child's pose as needed.
- **No aromas** – perfumes, lotions, hairspray, etc...Please respect others who may have sensitivities.
- **Respect** the end-of-practice rituals by either participating or sitting still.
- **Exit** mindfully and quietly.

Morning Yoga Flow - Sweat, breathe, go with the flow! This fun, flowing sequence of yoga poses links breath and movement together. The class will incorporate breath work and postures to increase the body's alignment, strength and flexibility. General flow will begin with various sun salutes and flow into standing poses, ending with floor exercises and final relaxation.

Sunrise Yoga – This class will be based on the traditional foundations of Vinyasa Yoga which are: steadiness, comfort, breath and unwavering focus on breath. This dynamically flowing practice synchronizes postures with the breath. This has sun salutations; standing asanas; twists; balances; core strengthening postures; backbends and inversions.

Gentle Yoga - This class emphasizes the mind-body connection and moves at a pace that allows students to explore and decide how much to do. We focus on range of movement, alignment, strengthening, stretching, awareness, breathing, and relaxation. The class is appropriate for students of all ages and levels.

Pilates Mat – Pilates mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels. Students learn to be aware of breathing patterns and spinal alignment while engaging deep muscles of the core. Props are used to enhance and intensify the workout. *All levels welcome*

Yoga Flow – *gently paced breath-to-movement flow postures: accessible to beginner students*

This class consists of foundation-building poses that will ease you into the discovery of your body's potential by challenging the muscles and deepening the breath. You can expect to use the teacher for a visual guide and hands-on assists.

Candlelight Yoga – This class puts meditation into motion as you let go of what was and welcome in what is to come. Alleviate excess stress and tension through restorative floor poses while fostering strength and flexibility by way of mindful balance postures integrated into a peaceful flow. Modification variations and props are incorporated throughout.

Restorative Yoga – A relaxing style of yoga that is intended to be healing and nurturing for the body.

Power Yoga – *energetically paced breath-to-movement flow postures - previous yoga experience essential*

This class will sweat away the stress as you work from the core through powerful progressions that sync breath and motion. A solid understanding for the foundation of common poses is imperative as focus moves beyond the basics and toward fine-tuning adjustments through verbal cues that will take your practice to the next level. Props may be incorporated throughout to assist with the expansion of your body's ability to grow deeper in the practice.

Yoga Stasis – *static standing and floor postures - previous yoga experience favorable*

This class warms the body for deep stretches, challenges balance, builds endurance, and utilizes de-stressing breathwork to achieve an overall sense of balance. Repetition and ritualistic sequencing allows the expression of each pose to evolve to its greatest benefit each time you step on the mat. Props may be incorporated throughout to assist with the expansion of your body's ability to grow deeper in the practice.

HIIT Yoga – *alignment-focused intense cardio workout - previous yoga experience favorable*

This class unites the benefits of mindfully-aligned, endurance-based yoga postures and heart-pumping, calorie-burning High Intensity Interval Training (HIIT). Define, tighten, lift, and sculpt the glute, thigh, core, arm, and shoulder muscles. Intentional breathwork, positive focus, and a generous warmup and cooldown make for an overall good-vibe experience. Modification variations and props are incorporated throughout to safely transition the body from pose to pose.

Candlelight Flow Yoga – A flex/flow style with salutations and large muscle movements to let our bodies build up strength and heat internally followed by deep stretches to allow the muscles to lengthen and release for a longer, leaner, calmer sense of one's self.

Yin Yoga – *supported floor postures - accessible to beginner students*

This class works deeply into the body targeting connective tissues - ligaments, joints, bones, and fascia - rather than the muscles. Quiet and meditative, yin yoga's organic enhancement of energetic flow will draw you inward as seated and reclined postures are held for 3-5 minutes.

Meditation Group - This group is for anyone who is interested in learning to meditate, wondering what this "mindfulness" thing is all about, or would simply like to join in the group meditation. All are welcome regardless of background or belief.

The practice of meditation is thousands of years old and has been proven to help in dealing with stress, pain, and a variety of physical and emotional issues while cultivating positive energy and an emotional, energetic and physical centering. The Meditation Group will be informally led by Perry Rollings who is a certified Tai Chi instructor (Sifu) and teaches our Tai Chi classes.

Senior Strength & Stretch – This class for active older adults includes a short cardio warm up, followed by strength exercises using body weight and stretch bands, and then concludes with deep stretching to increase flexibility and range of motion. All exercises are conducted in either a standing or seated position.