

Fall Yoga 2017



Nature does not hurry, yet everything is accomplished.

MON	TUES	WED	THURS	FRI	SAT	SUN
Hot Detox Flow 9:30am Michelle	Hot Detox Flow 8:30am Sue	Hot Detox Flow 9am Sue	Hot 6:30am Diana		Hatha + Meditation 8am Damian	Hot Detox Flow 8:30am Michelle
Beginner's Yoga 45 min. 10:45 Michelle	Slow Flow 10am Lauren	Hatha 10:30am Yin	Hot Detox Flow 9:30am Jaclyn	Slow Flow 9:30am Yin	Hot Detox Flow 9:30am Michelle	Hatha 10am Damian
				Hot 5pm Diana	Hot 11am Michelle	<i>Breathe + Restore Nov. 5 12pm</i>
Hatha 4:30am Yin	Hot 60 4:30pm Diana	Hot Detox Flow 5:45pm Julia	Hot Detox Flow 4:30pm Leigh	Restore 6:30pm Jaclyn		<i>Yin + Restore 90 min. Nov. 19 2pm Dec. 10 2pm</i>
Hot Detox Flow 7:00pm Jaclyn	Hot Detox Flow 7:30pm Vanessa	Hatha 7pm Yin	Hot60 7:30pm Diana	<i>Kundalini Yoga Oct. 4 11:45am Oct. 8 11:30am</i>		

Beginner's Yoga

This class is for all people interested in starting a yoga practice. NON-HEATED

Hatha (All Levels)

Sun salutations, standing and seated postures. The teachers incorporate breath and a brief dharma talk into the class. Where specified the class ends with a meditation. 60 min. class (unless otherwise specified) non-heated

Slow Flow (All Levels)

Slow paced vinyasa class that focuses on stretching and strengthening the body with yoga postures and breathing exercises. 60 min. class - non heated.

Hot (All Levels)

105°F Hot class. 26 postures in 45 minutes. The same set of postures are designed for the all-levels student to measure progress class to class. The practice is designed to improve balance, increase flexibility and muscle tone. HOT60 (60 minute practice)

Hot Detox Flow (All Levels)

95°F Hot Flow class. This class is a playful power hour class set to fun music and rhythmic breathing. Warm up with playful sequences and detox the body with compression postures.

Restore

Non-Heated yoga for relaxation and rejuvenation. This class is a peaceful, quiet journey into the stillness of Self. Each practitioner will receive light energetic adjustments and aromatherapy.

All *ITALICIZED* Workshops must be registered with Member Services at least one day prior to date.