



# BEYOGGA

TRADITIONAL & HOT YOGA

## Winter Schedule 2019

Effective 1/7/2019



MON	TUES	WED	THURS	FRI	SAT	SUN
Power 95° 9:00 am Ina	Hot 26 (45 min) 6:30am Diana	Power 95° 9:00am Yin	Hot 26 (45 min) 6:30am Diana	Hatha 9:00am Yin	Yoga & Meditation (75 min) 8:00am Damian	Power 95° 8:30am Aly
Hatha 10:30 Ina	Power 95° 8:00am Danielle	Hot 26 (60 min) 10:30am Lisa	Power 95° 9:30am Danielle	Restorative 10:30am Lisa	Power 95° 9:45am Danielle	Yoga & Meditation (75 min) 10:00am Damian
	Hatha 9:30am Yin					
Hatha 4:30pm Yin	Hot 26 (60 min) 6:00 pm Yin	Power 95° 5:30 pm Ina	Warm Vinaysa 4:30 pm Leigh	Hot 26 (45 min) 5:00 pm Diana	<p>See the Spa 23 app, website or bulletin for upcoming yoga workshops and any schedule updates.</p> <p>Follow us on:</p>  	
Warm Vinyasa 7:30 pm Danielle	Power 95° 7:30 pm Danielle	Hatha 7:00 pm Lisa	Hot 26 (60 min) 7:00 pm Diana	Restorative 6:30pm Danielle S.		

**Hatha**– This all-level class is built on the foundations of yoga. It focuses on combining breath and movement into one. A traditional non-heated class perfect for students who are looking to move at a slower pace and work more on their alignment.

**Hot 26**– Heated to 105 degrees, this class consists of 26 postures. This all-level traditional sequence with our unique twist is meant to detoxify the body and mind and increase flexibility, strength and lung capacity. Class time ranges from 45 to 60 minutes. Designated time for each day reflected on the calendar.

**Power 95**- Prepare for an hour of power in this 95 degrees class. Challenge yourself to a sequence filled with rejuvenating poses to help your strength and improve flexibility. This class will include inversions and arm balancing.

**Warm Vinyasa**– A practice for the mind and body, filled with vigorous movements integrating the breath. The 85 degree heat will allow the muscles to relax, will burn calories and increase flexibility.

**Yoga & Meditation**– For students looking to expand their awareness and physical practice, this class is a must. Focusing on creating space in the body and opening the mind. This all-level class in 75 minutes.

**Restorative**– A practice that is all about slowing down and opening your body through passive stretching ...During the long holds of restorative yoga, however your muscles are allowed to relax deeply. It's a unique feeling because props, rather than your muscles, are used to support your body.