

Standing Weekly Studio Class Schedule

FREE to Members ... \$14 Drop-in ... \$130 10-Class Card

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00-10:15am Dana Rivkin Mindful Flow All Levels		9:00-10:15am Dana Rivkin Mindful Flow All Levels		
10:15-11:45am Gabriel Benjamin Vinyasa Level 2		10:30-11:45am Emma Terry Core Conditioning All Levels	10:30-11:45am Honora Alignment Yoga All Levels	10:30-11:45am Kym House ViniYoga for Your Back All Levels		10:15-11:45am Dawn Hayes Alignment Flow 1-3 All Levels
12-1:15pm Kym House ViniYoga for Your Back All Levels						
	6-7:15pm Gabriel Benjamin Core Conditioning All Levels	6-7:15pm Honora Alignment Yoga All Levels	6-7:15pm Danielle Vaden Core Conditioning All Levels	6-7:15pm Honora Beginner Yoga Level I		
	7:30-9pm Caitlin AcroYoga All Levels	7:30-9pm Dawn Hayes Alignment Flow 1-2 All Levels	7:30-9pm Gabriel Benjamin Yoga for Climbers and Athletes All Levels	7:30-9pm Dawn Hayes Alignment Flow 1-3 All Levels		

AcroYoga: blends the spiritual wisdom of yoga, the loving kindness of Thai massage, and the dynamic power of Acrobatics. No partner needed!

Alignment Yoga: emphasizes a set of Universal Principles of Alignment which underlie all of the physical asanas and are connected to philosophical aspects of the practice.

Core Conditioning: increase core stability, strength, and flexibility while improving your overall fitness, posture, and back health

ViniYoga for Your Back: postures to help relieve pain, stiffness, tension, imbalances, instability, and promote healing

Alignment Flow: Iyengar-based alignment and Vinyasa flow inspired by Ashtanga Vinyasa are woven together for dynamic and effective practice. Variations are given for students to take asanas to their own level of challenge.

Core Conditioning: This class is designed to strengthen commonly weak areas of the body, protect and nourish the joints through targeted muscle activation and keep the brain active and alert through constant change in sequencing.

Yoga for Climbers and Athletes: This class is designed to bring balance to your structure, calm your mind and prevent injury. Learn functional biomechanics for shoulders, hips and spine.

Vinyasa: A well-paced practice with lots of energetic movement and strengthening holds! Students will wind down with soft seated poses and a long reclined meditation. Some weeks will include Prana Yama, and visualization meditation. Six months yoga experience recommended.

Mindful Flow: Deepen your body, mind, spirit awareness through a fluid movement practice. Be ready to work at your edge. Honoring your body with a desire for challenge. Focus may range from precise alignment instruction, life embracing viewpoints and or specific themes.

