




# Northern Life Yoga

529 Court Street, Sault Ste. Marie, MI  
[www.northernlifeyoga.com](http://www.northernlifeyoga.com)

## Summer 2017 Schedule

June 1 to August 31

Schedule is subject to change – please visit [northernlifeyoga.com](http://northernlifeyoga.com) for current class schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
M O R N I N G					8:30-9:45AM Yoga Fit 85' studio Level 1-2 Allie / Barb	9:00-10:15AM Yoga Fit 85' studio Level 1-2 Allie/Barb/ Jen		
	11:00AM - 12:00PM Gentle Yoga Level 1  Nancy	10:15- 11:15AM Tai Chi Level 1  Richard		Check <a href="http://northernlifeyoga.com">northernlifeyoga.com</a> for our Passport to Adventure summer events: Beach Yoga, Arm Balance workshop, Yoga in the Garden & more! Earn a stamp in your passport for each event you attend to be eligible to win one month of yoga!				
				<u>Northern Life Yoga 2017 Class Rates*</u> <ul style="list-style-type: none"> <li>Drop-in rate: \$15 adult / \$10 full-time students</li> <li>5 class card: \$65 (valid for 2 months)</li> <li>10 class card: \$120 (valid for 3 months)</li> <li>Unlimited monthly card (any 30 days): \$99</li> <li>Unlimited monthly auto-pay: \$75</li> </ul> *Valid for all classes w/Allie, Maxx, Nancy, Barb, Alicia				
	4:15-5:30PM  Yoga Flow Level 1-2  Jennifer		4:00-5:00PM  Gentle Yoga Level 1  Nancy					
E V E N I N G		5:30-6:45PM Core Strength Vinyasa Flow Level 1-2 Barb	5:30-6:45PM Yoga Flow Level 1-2  Allie	6:00-7:15PM Beginner Kundalini Yoga Level 1 Alicia				
			7:15-8:30PM Gentle Candlelight Yoga + Yin Level 1 Allie	 To June 29 only	<p><b>Level 1:</b> Beginner friendly and pre-natal friendly.</p> <p><b>Level 1-2:</b> Classes flow faster, but instruction provides options for both beginners and experienced students.</p> <p><b>Level 2 –</b> intermediate/advanced for experienced yoga practitioners</p>			

# Class Levels, Descriptions & Rates

## YOGA Levels:

- Level 1 (beginner) provides a supportive environment for beginner students to learn the foundation of a yoga practice, while experienced practitioners will be able to fine tune the fundamentals of their practice.
- Level 1-2 classes provide options for both beginners and experienced yoga students. Gentle options provided for beginners, and active options for an energetic experience involving creativity to explore more challenging poses at an active tempo.
- All level 1 classes are *pre-natal friendly!* Please inform your instructor about your pregnancy so she can provide proper modifications for each stage of your pregnancy.

**Yoga Flow & Yoga Fit** - A flowing vinyasa style of yoga, linking breath to movement to enhance, flexibility, strength, range of motion and concentration. Sequencing includes a variety of poses that flow with fun, upbeat music. Classes focus on different therapeutic areas of the body each week to provide variety.

*Gentle and active options provided to accommodate all levels. Yoga Fit classes are heated to 80-85 degrees to allow for a deeper stretch and detoxification. Be sure to hydrate well before/after class!*

**Gentle Candlelight Yoga** – A slower-paced, yet gentle flowing yoga class set to soothing music to relax your body and calm your mind in the warmth of a candlelit studio. Great class for beginners to learn the fundamentals of basic yoga poses in a relaxing environment. Gentle yoga provides numerous health benefits, including stress reduction, improved circulation, lower blood pressure, increased balance and flexibility, a calmer mind, and improved sleep. Class includes yin poses to relax the muscles and provide more benefit to the tissues and joints through supportive poses. *Beginners welcome!*

**Gentle Yoga** – Gentle yoga class is for anyone interested in yoga who might be concerned about the level of fitness required. If you are out of shape, tight and stiff, this is the class for you. Poses are sequenced to ease your body into a more active state. Careful guidance allows students who are new to yoga to get comfortable with the practice. Emphasis placed on breath awareness and proper alignment. *An ideal class for beginners who are brand new to yoga.*

**Core Strength Vinyasa Flow** – This dynamic flow class will help you find your center and begin to move and support yourself using deep inner core muscles. With many standing balance poses, this class gives you strength and balance to develop deep core strength and create long, lean muscles. You'll connect to the earth, build each pose from the ground up and light your fire through this fun flow with upbeat music! *All levels welcome as modifications will be provided to students with less experience.*

**Kundalini Yoga** – This unique style of yoga harnesses the mental, physical and nervous energies of the body through the combination of breath, mudra, eye-focus, mantra, body locks and postures to balance the glandular system, strengthen the nervous system, expand lung capacity, and purifies the blood.

New students of all abilities are welcome to any level 1 class! You do not need to join a specific session or sign up in advance – classes are designed to drop in as your schedule permits. Mats are available to borrow. New students: please arrive 10-15 minutes early to register and allow time for set-up. If you are a current student, arriving 5-10 minutes early allows you time to settle in and start your practice in the best possible way. Late arrivals, please wait in lobby until after the meditation is complete to enter the studio so the noise will not distract other students.



## 2017 Rates for all Northern Life Yoga classes

Drop in rate: \$15

Student (full time only) rate: \$10

### Membership options:

5 class card - \$65 (valid 2 months)

10 class card - \$120 (valid 3 months)

Unlimited monthly membership - \$99

Unlimited monthly auto-pay (6 months) - \$75

30 days unlimited for \$30 – NEW students only