



Northern Life Yoga

529 Court Street, Sault Ste. Marie, MI
www.northernlifeyoga.com

Fall 2017 Schedule

September 5 – December 31, 2017

Schedule is subject to change – please visit northernlifeyoga.com for current class schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M O R N I N G					9:00-10:15AM Kripalu Vinyasa Yoga Flow Level 1-2 Allie	9:00-10:15AM Yoga Flow Level 1-2 Allie/Jennifer	
	11:00AM - 12:00PM Gentle Yoga Level 1 Nancy	10:15- 11:15AM Tai Chi Level 1 Richard		<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #f9cb9c;"> Check northernlifeyoga.com for details on our upcoming workshops, Fall Open House (October 8) and our Fall Retreat (October 25-29) featuring several visiting guest instructors! </div>			
		12:00-1:00PM Intermediate Tai Chi (to Nov. 14)		<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #4a90e2; color: white;"> <p style="text-align: center; margin: 0;"><u>Northern Life Yoga 2017 Class Rates*</u></p> <ul style="list-style-type: none"> Drop-in rate: \$15 adult / \$10 full-time students 5 class card: \$65 (valid for 2 months) 10 class card: \$120 (valid for 3 months) Unlimited monthly card (any 30 days): \$99 Unlimited monthly w/auto-pay (6 months): \$75 <p style="font-size: small; margin: 5px 0 0 0;">*Valid for all classes w/Allie, Nancy, Barb, Jennifer, Lola</p> </div>			
	4:00-5:15PM Yoga Flow Level 1-2 Jennifer		4:00-5:00PM Gentle Yoga Level 1 Nancy				
E V E N I N G	5:45-6:45PM Gentle Beginner Slow Flow Level 1 Jennifer	5:30-6:45PM Core Strength Vinyasa Flow Level 1-2 Barb	5:30-6:45PM Kripalu Vinyasa Yoga Flow Level 1-2 Allie	Starting in October: Fall Fitness pop-up classes with Maxx!	<div style="border: 1px solid black; border-radius: 50%; padding: 20px; background-color: #d9e1f2;"> <p>Level 1: Beginner friendly and pre-natal friendly.</p> <p>Level 1-2: Classes flow faster, yet instruction provides modifications for both beginners and experienced students.</p> <p>Level 2 – intermediate/advanced for experienced yoga practitioners</p> </div>		
	7:15-8:30PM Belly Dance Level 1-2 Lola		7:15-8:30PM Gentle Candlelight Yoga + Yin Level 1 Allie				

Yoga Class Levels, Descriptions & Rates

YOGA Levels:

- Level 1 (beginner) provides a supportive environment for beginner students to learn the foundations of a yoga practice, while experienced practitioners will be able to fine tune the fundamentals of their practice. 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.
- Level 1-2 (mixed level) classes provide options for both beginners and experienced yoga students. Classes move at a more rapid pace yet provide modifications to accommodate all levels.

Yoga Flow - A flowing vinyasa style class 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. *Classes are heated to 75 degrees to warm muscles for a deeper stretch and detoxification. Hydrate well!*

Kripalu Vinyasa classes include a theme, skillfully flowing sequence, meditation and relaxation. The intention of a Kripalu vinyasa class is to cultivate an inward experience while stretching and recharging the body in a safe, effective way to provide both a work out and deep restoration.

Gentle Beginner Slow Flow & Gentle Candlelight Yoga + Yin – 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. Wednesday's 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 or 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. Gentle yoga provides numerous health benefits, including stress reduction, improved circulation, lower blood pressure, increased balance and flexibility, a calmer mind, and improved sleep. *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.*

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