



YOGA/TAI CHI/ SCHEDULE MARCH 2020

MONDAY	7:00AM	SLOW FLOW/MEDITATION (75 mins)	LEVEL 1-3
	10:15AM	VINYASA YOGA (75 mins)	LEVEL 2-3
	5:00PM	TAI CHI (60 MINS) LANDING	LEVEL 1-3
TUESDAY	7:00AM	BASIC (60 MINS)	LEVEL 1-3
	11:00AM	EASY DOES IT (75 mins)	LEVEL 1-2
	5:45PM	GENTLE YOGA (60MINS)	LEVEL 1-3
	7:00PM	BASIC FLOW (60 mins)	LEVEL 1-3
WEDNESDAY	7:00AM	HEALTHY BACKS(75mins)	LEVEL 1-3
	10:15AM	TEACHER'S CHOICE (75 mins)	LEVEL 1-3
THURSDAY	7:00AM	YOGA MIX 60 mins)	LEVEL 1-3
	10:45AM	IYENGAR INSPIRED (90 mins)	LEVEL 2-3
	12:20PM	CHAIR YOGA (60 mins)	LEVEL 1-3
	6:45PM	YOGA MIX (75 mins)	LEVEL 1-3
FRIDAY	7:00AM	MEDITATION/TEACHER'S CHOICE (75mins)	LEVEL 1-3
	10:15AM	YIN (75 MINS)	LEVEL 1-3
SATURDAY	10:00AM	GENTLE YOGA (75 mins)	LEVEL 1-3
SUNDAY	1:30PM	CHAIR YOGA (75 MINS)	LEVEL 1-3



LEVEL 1 - BEGINNER LEVEL 2 - INTERMEDIATE LEVEL 3 - ADVANCED

(1) ARRIVE AT LEAST 5 MINUTES PRIOR TO CLASS TO SET-UP (2) AVOID WEARING PERFUMES AND FRAGRANCES TO CLASS
(3) TURN OFF ALL CELL PHONES PRIOR TO CLASS (4) INFORM INSTRUCTOR OF HEALTH CONCERNS

ABC: A fun exploration of basic yoga postures using the alphabet for inspiration. all levels 60 minutes

BASIC FLOW: The study of basic yoga postures through the linking of breath and movement. students will flow from one posture to another creating a gentle flow sequences with breathing breaks between each sequence level 1-3 60 minutes / SLOWFLOW 75 MINS

SLOWFLOW: A slow flow practice focusing on core strength and flexibility (75 MINUTES)

GENTLE YOGA: Mastering the basics of yoga can lead us toward experiencing more happiness, fulfillment, and productivity. by sharpening the tools of strength and flexibility, conscious breathing and relaxation, we begin to prepare ourselves to receive the gifts that yoga offers. this class is designed for beginners but is suitable for all level 1-3 75 MINUTES

CHAIR YOGA: This class is ideal for those with limitations that may prevent safe participation in a traditional yoga class. this class is suitable for anyone who looks to improve their strength, flexibility, coordination and balance. LEVEL 1-3 60 MINUTES

EASY DOES IT YOGA: This yoga class offers a gentler approach to traditional yoga by modifying postures and working with props where necessary. while the practice is designed to improve one's strength, flexibility, and balance, one can expect the breathing and ability to relax to be enhanced, as well. (FRIDAY'S 15 MINUTES MEDITATION) 75 MINUTES

FLOWER POWER YOGA: Come and join our circle of friends as we practice in-the-round with a yin and restorative blend. the practice is generally performed on the floor, with occasional standing poses. props provided will include blankets, bricks, and towels to help support you to relax in long held postures. this practice is suitable for all levels and is perfect for those with limited flexibility. ALL LEVELS WELCOME 75 MINUTE

Guided Meditation - This brief session will help to set your focus for the day through the use of guided imagery, breathing exercises, and/or reclining, seated, or walking meditations. 15 minutes

HEALTHY BACKS: This class is designed to strengthen and stretch the back, abdominal muscles and core to achieve a life long healthy back LEVEL 1-3. 75 min

YENGAR INSPIRED YOGA: This style of hatha yoga is characterized by its careful attention to alignment and form. based on the yoga style of Sri BKS Iyengar, this class is highly instructive, requiring props, walls, blankets, belts and more - all of which help yoga to meet students "right where they are". suitable for the advanced beginner to intermediate level practitioner LEVEL 2-3. 90 MINUTES

RESTORATIVE: Allow this class to bring your body back to a state of natural wellbeing and health. ALL LEVELS WELCOME 60 MINUTES

TEACHERS CHOICE: The class format will vary weekly to focus on a specific theme, body area or yoga asana. students are invited to request an area of focus for the following week LEVEL 1-3. 75 MINUTES

TAI CHI: All levels of fitness are invited to meditation in motion

VINYASA YOGA: Dynamic in nature, this cardio intensive yoga encourages synchronized breath and movement in a creative free flowing sequence of various yoga postures concluding with inversions LEVEL 2-3. 75 MINUTES

YOGAMIX: A slow flow class designed to bring you flexibility and strength. ALL LEVELS WELCOME 75 MINUTES

WALL YOGA: An exploration of yoga with the benefit of the wall for support. ALL LEVELS 60 MINUTES