



JAN YOGA/PILATES 2024 SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|
| 7a SlowFlow w/ Nicole (Lvl1) | 7a SlowFlow w/ Nicole (Lvl1) | 7a SlowFlow w/ Nicole (Lvl1) | 7a SlowFlow w/ Nicole (Lvl1) | 7a SlowFlow w/ Nicole (Lvl1) | |
| 9:30a Asana HIIT with Ali | 9a Pilates/Barre with Jenny | 9:30a Asana HIIT with Nicole | 9a Pilates/Barre with Jenny | 9:30a Asana HIIT with Ali | 9a Donation-Based Vinyasa w/ Corinne (Lvl2) <small>(Open to anyone with local ID)</small> |
| | 10am Therapeutic Yoga with Nicole (Lvl1) | | 10am Therapeutic Yoga with Nicole (Lvl1) | 11a Donation-Based Breathwork & Sound with Ali <small>(Open to anyone with local ID)</small> | 10:15a Donation-Based Therapeutic Yoga w/ Nicole (Lvl1) <small>(Open to anyone with local ID)</small> |
| | | | | | Sunday |
| 4:15p Ashtanga Vinyasa with Loren Lotus | 4:15p Pilates/Barre with Oria | 4:15p Ashtanga Vinyasa with Loren Lotus | 4:15p Pilates/Barre with Oria | | 10am Hot Vinyasa with Holly |
| 5:30p Hot Vinyasa with Nicole (Lvl2) | 5:30p Hot Vinyasa with Ronni (Lvl2) | 5:30p Hot Vinyasa with Nicole (Lvl2) | 5:30p Hot Vinyasa with Loren (Lvl2) | 5:30p Kundalini with Gaeliel (Jan 10 & Jan 31) | |
| 6:45p SlowFlow with Nicole (Lvl1) | 6:45p Candlelit Yin with Loren Lotus | 6:45p SlowFlow w/ Nicole (Lvl1) | 6:45p Candlelit Yin with Loren Lotus | | 6p Warm SlowFlow w/ Corinne |



CLASS DESCRIPTIONS

Vinyasa Yoga: Vinyasa Yoga means linking of a series of poses to breath which can be advanced or modified. You may learn new poses, arm balances or inversions and flow through chaturangas. 60-75-minutes (All Levels)

SlowFlow Yoga: A slow style of Yoga with a slow sequence and pauses in each position where you intentionally stretch the body and increase mobility through Asanas (postures). 60-minutes (Level 1)

Hot Power Vinyasa Yoga: Come to sweat for a faster paced, heated Yoga class sequencing postures and flows to thoroughly heat and stretch the body. 60-minutes (Level 2)

Therapeutic Yoga: A gentle style, mellow flow of Yoga with a slower sequence and pauses for longer holds and stretches in each position. Typically paired with sound bowl therapy. (Level 1) 75-minutes

Ashtanga Vinyasa: Ashtanga is a traditional practice of Yoga that builds off the foundational poses to build overall body strength. This class offers a strong base of strength and connection to your breath with use of sanskrit names and pranayama and purifying (breathing) techniques. (Level 1 & 2)

Yin Yoga: Yin Yoga is a style in which poses are passively held for a minimum of three minutes, but ideally 5-7 minutes or more, with the intention of targeting the fascia and other connective tissues of the body. (All Levels)

Breath & Sound: Guided and relaxing diaphragmatic breath practices, with emphasis on toning, varying tempos and ending in a vibrational sound journey to clear and cleanse frequencies. Vibrate at a higher level for the rest of your day!

Kundalini Yoga: Kundalini yoga is a mostly seated practice that encompasses pranayama (breathwork) mantra (chanting) meditation and movements around the spine for a spiritual and meditative practice. 75-minutes (All Levels)