

SCHEDULE OF CLASSES

Effective September 27th 2010

CLASS DESCRIPTIONS

MONDAY

8:30 – 10:00	Open to Grace	Karen
11:30 – 1:00	Kind & Gentle	Lara
1:30 – 2:45	Gyrokinesis	Tamra-henna
4:30 – 6:00	Essentials	Wendy O
6:30 - 8:00	Vibrant Flow	Trevor
8:15 – 9:00	Candlelight Stretch *	Jenn

TUESDAY

9:30 – 11:00	Vibrant Flow	Trevor
11:30 – 1:00	Light & Easy	Marti Jo
1:30 – 2:30	Belly Dance *	Jenn
4:30 – 6:00	Essentials	Karen
6:30 – 8:00	Intensity Flow	Sabina
8:15 – 10:00	11 th Step **	Anonymous

WEDNESDAY

7:00 – 8:15	Precision	Juliana
10:30 – 12:00	Kind & Gentle	Chelsey
12:30 – 1:30	\$5 LUNCH Flow	Marti Jo
3:00 – 4:00	Kids Yoga: Ages 5-12	Denise
4:30 – 6:00	Strong Yoga4Women	Wendy O
6:30 – 7:45	Restoration	Karen
8:00 – 9:30	Vibrant Flow	Trevor

** Donation Only for 11th Step

THURSDAY

9:30 – 11:00	Vibrant Flow	Trevor
11:30 – 1:00	Gentle Kundalini	Nina
1:30 – 2:45	Gyrokinesis	Tamra-henna
4:30 – 6:00	Essentials	Wendy O
6:30 – 8:00	Intensity Flow	Chelsey
8:15 – 9:30	Belly Dance	Jenn

FRIDAY

7:00 – 8:15	Precision	Juliana
8:30 – 10:00	Fun Friday Yoga	Karen
4:30 – 6:00	Kind & Gentle	Chelsey
6:30 – 8:00	Candlelight Stretch (& Meditation)	Jenn

SATURDAY

9:00 – 10:15	Yoga BASICS	Lara
10:30 – 12:00	Vibrant Flow	Marti Jo
12:30 – 2:00	Essentials	Karen
5:00 – 6:00	Kind & Gentle *	Jenn
6:30 – 8:00	Date Night Yoga <i>Starts 9/18</i>	Lara

SUNDAY

10:30 – 12:00	Open to Grace	Danny
12:30 – 1:30	Belly Dance	Jenn
6:00 – 7:30	Restoration	Karen

* Jade Apple Community Class - \$5

Kind n' Gentle – Gentle yoga class with safe, simple, relaxing postures. Ideal for beginners, students with physical limitations & chronic injuries.

Light & Easy - A gentle yoga class with light flow. Basic poses at a nice, slow pace. Ideal for beginners & all students.

Yoga BASICS – NEW!– Focus on basic yoga postures & breathing techniques for all new & returning students!

Essentials - Fundamental yoga poses with focus on breath, body awareness. Good for all students. **Pre/Post natal** women & beginners are welcome and encouraged.

Vibrant Flow - A series of yoga postures that move into one another in an active, heat-building class that connects movement with breath. Great for all energetic students.

Intensity Flow – Take your body & mind to the next level.

Open to Grace - A series of yoga poses infused with a meaningful intention & awareness of specific postural alignment. Ideal for energetic students. Anusara-inspired.

Candlelight Stretch – A gentle, relaxing series of stretches. Fridays includes a period of guided meditation.

Precision – Yoga inspired on a system by BKS Iyengar that emphasizes subtlety & precision. Good for everyone.

Restoration – A treat for your mind & body. Deep relaxing yoga poses using pillows & blankets to provide you with a rejuvenated body and relaxed mind. Perfect for everyone.

Kundalini - a powerful yoga for rejuvenation, stress-relief and healing on physical, emotional and spiritual levels.

11th Step – A special yoga class & open AA meeting.

Date Night Yoga is fun for everyone! An evening of partner yoga poses. Great for couples & friends of all kinds.

Gyrokinesis® - Great for athletes & dancers! Subtle, fluid movements to work the elements of the spine & body.

Strong Yoga4Women – Yoga to support women on their life journey through reproductive difficulties, relationships, pregnancy & menopause. All women, including pre-natal.

Belly Dance - Learn the art of Middle Eastern dance & work your hips, arms and core. Beginners are encouraged.