



Fall Schedule

Classes 60 min. unless noted

- Mon.** 9 am Foundations
6 pm Yoga Basics
7 pm Happiness in Motion
- Tue.** 6 pm Foundations, 45 min.
7 pm Expanding
- Wed.** 6 pm Expanding
7:15 pm Broga
- Thu.** 9:30 am Happiness in Motion
6 pm Roll away tension
7 pm Foundations
- Fri.** 9 am Rest & Restore
10:30 am Storytime yoga
- Sat.** 8 am Foundations
- Sun.** 3:15 pm Storytime Yoga
4:00 pm Family Yoga
5:30 pm Revive & Restore



➤ **BASICS**

- We are so glad you decided to begin your yoga journey with us. This class will focus on the foundations of a yoga flow. This is the perfect class for those starting from scratch or if you just want a refresher on the foundational postures of yoga. This is a safe space to ask any questions regarding yoga. This class is 50 minutes.

➤ **FOUNDATIONS**

- Our Foundation classes are a slower paced class that break down each pose with clear instructions. You will be guided through each pose with instructions that focus on safe alignment, breath techniques and smart transitions. The foundation yoga poses will prepare you for our other classes. This class is suitable for beginners, and great for those who want to learn more about the poses. This class is 60 minutes except on Tuesdays-50 minutes

➤ **EXPANDING**

- Expanding Yoga class is a creative, strong and balanced practice that incorporates all ranges of motion for hips, shoulders and spine. Mandala is a Sanskrit word for circle, and students can expect to face all directions on their mat while connecting with their breath. This class is good for building strength, flexibility, and preparing the mind and body for meditation. Some knowledge of poses is recommended. This class varies 60-75 minutes

➤ **REST AND RESTORE**

- Find restoration at the end of your week. This class will help you to rest, reset, restore, and learn new ways to achieve relaxation in the body and the mind. This is an all levels class. Please arrive 10 minutes early to check in and settle onto your mat. This class is 60 minutes

➤ **REVIVE AND RESTORE**

- End your weekend with a little fiery yoga flow. We will start our opening our hearts with assistance of blocks and bolsters and then start a short Vinyasa flow to fire up our energy. Finally we will return to the floor for more restorative poses and a guided meditation. This class is 75 minutes

➤ **BROGA**

- Sometime in yoga's recent history, a gender shift occurred. Yoga, which traditionally had been practiced only by men, began to be dominated by women. Today, an average yoga class will have more female than male students.
- A lot of men worry that yoga is not appropriate for them because they aren't naturally flexible. But flexibility is not a prerequisite for yoga. Men have a lot to gain from yoga.
- Join us in a class just for you! Loud inappropriate music and space to just do whatever you can, NO JUDGEMENT allowed! This class is 60 minutes.

➤ **STORY TIME**

- Wiggle, stretch, move, and READ! Storybook Yoga will be fun and interactive for your kids! Children can participate by themselves or it can be fun for the whole family. A guardian must stay with children.

➤ **FAMILY YOGA**

- This class gives you space and time for you and your children to spend quality time together. Expect to have fun as you go through a sequence of poses, listen to stories, and play yoga inspired games. We will also teach mindfulness and calming techniques that children can use at school or around the home. We can't wait to see you and your family!

➤ **HAPPINESS IN MOTION**

- Activating happiness and connecting people through the power of the hula hoop! FREE for the whole month of October! Hula hooping is good for the body, mind, and soul. If you haven't hooped in awhile (or ever!), this is the workshop for you! Marsha has a variety of hoops and I will teach you the "special" techniques to get the hoop spinning. And, if you are already hooping, come connect with us and share in the "hoopiness"!