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FEBRUARY 2010		LEVEL
MONDAY	7:00 a.m. Yin Yoga 10:15 a.m. Vinyasa Yoga 1:30 p.m. Yoga/MS 4:30 p.m. Yogilates	1-2 2-3 1-2 2-3
TUESDAY	11:00 a.m. Basic Yoga 7:00 p.m. Basic Yoga	1-2 1-2
WEDNESDAY	7:00 a.m. Wake Up Yoga 10:15 a.m. Teacher's Choice Yoga	1-2 2
THURSDAY	12:00 p.m. Ashtanga Yoga 1:30 p.m. Yoga/MS	2-3 1-2
FRIDAY	7:00 a.m. Wall Yoga 9:45 a.m. Yin Yoga (90 Minutes)	1-2 1-2
SATURDAY	8:00 a.m. Iyengar Yoga (90 Minutes) 10:00 a.m. Gentle Yoga	2-3 1-3
SUNDAY	1:00 p.m. Hatha Yoga (90 Minutes)	2-3
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PLEASE READ CLASS DESCRIPTIONS ON BACK OF SCHEDULE TO BE SURE YOU ARE IN THE CLASS THAT WILL BEST SUITS YOUR NEEDS.		
LEVEL RATING: A = All levels; 1 = Gentle/Beginner; 2 = Intermediate; 3 = Advanced		

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4500 S. Saginaw St. Flint, MI 48507 810-262-2200

Real People. Real Results.

Please arrive to your class on time. At the beginning of our classes we enter a meditative and focused state, and it is disruptive when participants arrive late. Also please be sensitive to those with fragrance allergies and do not wear perfumes to your class. Thank You.

Yoga Class Descriptions

NEW STUDENTS - *If you are new to our Yoga program, please arrive at least five minutes early so the instructor may have the opportunity to discuss possible concerns with you. Thank You*

ASHTANGA YOGA - A vigorous disciplined sequence of postures that include sun salutations, standing, balancing, seated and inversions. Using the breath and movement creates heat that purifies the body, nervous system and mind. **75 minutes.**

BASIC YOGA - Enhance strength and flexibility with a class that offers a wide variety of traditional poses, yoga flows, yin yoga stretches and restorative postures. Something different in every class. Suitable for beginners and experienced students. Good cross training for athletes.

GENTLE YOGA - A one hour class designed for the new yoga participant, to teach the basic yoga postures so you will begin to enjoy the strength, stability, flexibility, and relaxation that yoga will bring to your life.

HATHA YOGA - This class will focus on the fundamentals and foundation of asana (yoga postures) with particular emphasis placed on the development and refinement of form. Props will be used in developing structural acuity. This class is appropriate for the beginner, advanced beginner, and intermediate practitioner.

IYENGAR YOGA - This form of Yoga is characterized by it's precision, with careful attention given to details of alignment and form. Props such as blankets, chairs, blocks and straps are regularly utilized to help all students gain the deepest benefits from the postures. **90 Minutes.**

TEACHER'S CHOICE YOGA - This yoga class format will vary from week-to-week to include elements from traditional Hatha practice, Ashtanga form, and Vinyasa flow. Students are invited to request, in advance, specific areas of focus for the following week. This class will be challenging, but may be suitable for all levels.

VINYASA YOGA - This is a Cardio-intensive yoga class that synchronizes the breath with movement in a creative, free-flowing sequence.

WAKE UP YOGA - Safely explore and expand range of motion, balance and strength through classical yoga postures with modifications for every-body.

WALL YOGA - Are you looking to add a new dimension to your yoga? Wall Yoga incorporates the use of the wall, straps and blocks to allow the body to achieve a greater sense of flexibility.

YIN YOGA -It is written that the Yin/Yang polarity is a Taoist description of relationships. As it relates to the practice of Hatha yoga, most classes in the West are traditionally Yang in nature – active and excited, with dynamic muscle movement and coordinated rhythmic breath. In contrast, the Yin approach is gentle and quiet. Postures are practiced on the floor, often with the use of supportive props, and are typically held for 3-5 minutes. These long, passive holds allow muscles to relax and deep connective tissue to gently stretch. This intense non-movement encourages the body/mind to “let go”. This class is beneficial to those looking to balance or deepen their current practice and particularly beneficial to those looking to release a limited range of motion.

YOGA/MS - Formerly known as Silver Lining Yoga. This one hour class will focus on basic therapeutic postures and stretches. Many options will be given so you can find your “ideal” posture. Learn the benefits of conscious breathing and explore how to breathe to de-stress. This class is gentle and relaxing.

YOGILATES - A one hour class that combines Yoga with Pilates to give muscle shape and definition, strengthen core, increase flexibility, and bring peace to your soul.

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