

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BlueHighlight= Teachers Only YellowHighlight= Special/Change			1 8:30aALFw/Maggie 10:00a-Chairw/Mag 4:30p-ALBw/Kathy 6:00p-ALFw/Maryb	2 8:30a-SF w/ Jenny 10:00-MornSwKathy 5:15p-YogBallw/Mag 6:45p-TT w/Maggie	3 8:30am - SF w/Jen 10:00-Canceled but will be back next week	4 9:00-ALBw/Kathy
5 9:30-PPw/MaryB	6 8:30am-SF w/Jenny 10:00a-Mobilityw/Shivani 4:00p- Chair w/Kathy 6:00p-Essentric w/Sarah	7 10:00am-Chairw/Maggie 11:30am-ALBw/Maggie 5:30pm-SF w/Jenny	8 8:30aALFw/Maggie 10:00a-Chairw/Mag 4:30p-ALBw/Kathy 6:00p-ALFw/Maryb	9 8:30a-SF w/ Jenny 10:00-MornSwKathy 5:15p-YogBallw/Mag 6:45p-TT w/Maggie	10 8:30am - SF w/Jen 10:00aBSYw/Danielle	11 9:00-ALBw/Kathy 8:00-12:YTT
12 9:30am-PPw/Erin	13 8:30am-SF w/Jenny 10:00a-Mobilityw/Shivani 4:00p- Chair w/Sarah 6:00p-Essentric w/Sarah	14 10:00am-Chairw/Maggie 11:30am-ALBw/Maggie 5:30pm-SF w/Jenny	15 8:30aALFw/Maggie 10:00a-Chairw/Mag 4:30p-ALBw/Kathy 6:00p-ALFw/Maryb	16 8:30a-SFw/ Jenny 10:00-MornSwKathy 5:15p-Yogballw/Mag 6:45p-TT w/ Maggie	17 8:30a- SF w/Shivani 10:00aBSYw/Danielle	18 9:00-ALBw/Kathy 10:30-Mantra w Shivani
19 9:30-ALBw/Erin	20 8:30am-SF w/Jenny 10:00a-Mobilityw/Shivani 4:00p- Chair w/Sarah 6:00p-Essentric w/Sarah	21 10:00am-Chairw/Maggie 11:30am-ALBw/Maggie 5:30pm-SFw/Jenny	22 8:30aALFw/Maggie 10:00a-Chairw/Mag 4:30p-ALBw/Kathy 6:00p-ALFw/Maryb	23 8:30a-SF w/ Jenny 10:00-MornSwKathy 5:15p-YogBallw/Mag 6:45p-TT w/Maggie	24 8:30a- SFw/Shinvani 10:00aBSYw/Danielle 6:00p-Fullmoonw	25 9:00-ALBw/Kathy
26 9:30am-PPw/Erin	27 Watch forHoliday schedule!!	28 10:00am-Chairw/Maggie 11:30am-ALBw/Maggie 5:30pm- SF w/Jenny	29 8:30aALFw/Maggie 10:00a-Chairw/Mag 4:30p-ALBw/Kathy 6:00p-ALFw/Maryb	30 8:30a-SF w/ Jenny10:00- MornSwKathy 5:15p-YogBallw/Mag 6:45p-TT w/Maggie	31 8:30a- SF w/Shivani 10:00aBSYw/Danielle	

ALB/All Levels Basic Yoga: Our Basic Yoga classes are dedicated to using the most effective techniques of all yoga traditions and incorporating them into classes in a basic, educational, and easy to understand manner. You need not be flexible, strong, or fit to participate in this class. All of our classes offer yogic breathing (pranayamas) and meditation (dhyana) for the full body/mind experience.

Chair Yoga: Chair Yoga is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for support. This class offers lots strengthening, stretching, and relaxing. Come see our fun and friendly atmosphere. All of our classes offer yogic breathing (pranayamas) and meditation (dhyana) for the full body/mind experience.

ALF/All Levels Flow Yoga/ Warm Flow All Levels Flow Yoga follows its roots from Vinyasa yoga. Students are encouraged to move at their own pace as they become internally aware of the body, mind and breath working together. All of our classes offer yogic breathing (pranayamas) and meditation (dhyana) for the full body/mind experience. All levels are welcomed to enjoy the flow. **Warm Flow room heated to 78°**

Ball/Yoga Ball: Yoga Ball focuses on improving strength, balance and flexibility through yoga postures and movements. With the support of the ball, you build muscle strength and develop better posture, increase spinal health and leaves you feeling stress free and thoroughly relaxed. Some strength is required to enjoy this class fully. We supply the balls and the fun!

BSY/Basic Structural Yoga: Learn to set the conditions to bring the body into balance. Supported by an array of props this fun, gentle class will address structural imbalances with focus on proper stretching/strengthening movement woven together with breath (pranayama), and a meditative (dhyana)/Restorative period of relaxation.

Essentrics, Aging Backwards: a dynamic class for men and women who are looking to gain mobility while slowly building strength. This low impact workout stimulates cells, increasing energy and the immune system, while rebalancing the whole body

SF/Slow Flow - Slow Flow, as we call it, is a slow paced Vinyasa class where you may stay in the pose longer, not rushing in or out of the pose before flowing onto the next. This also encourages more strength and balance during the practice.

PP/Puppy Power – A nice slow Vinyasa flow class with Erin and her dog Nali.

Notes for August – subs Aug 2,23,25, Full moon August 6, New Moon TBA / Upcoming - Sept 20, 7-8 Nidra Jen

MornS/Morning Stretch - This class focuses on deep stretches to wake up the fascia tissue in the body. Come enjoy deep gentle stretches.

Mobility – with use of deep breath awareness and support this class rolls you out with rubber balls and props to dig deep into tissue release and relaxation.