

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga	8:15 Hot Vinyasa Peggy	9:45 Vinyasa Jennifer	6:00 Warm Vinyasa Jason	9:45 Vinyasa Melissa	6:00 Warm Vinyasa Helena	9:00 Warm Vinyasa Trina	9:00 Yin Yang Lindsay
	9:45 Vinyasa Melissa		8:15 Hot Vinyasa Peggy	11:15 Warm Yogalates** M Gisele	8:15 Hot Vinyasa Peggy	10:15 Fundamentals Trina	10:15 Warm Vinyasa Lindsay
			9:45 Gentle Flow Martha		9:45 Smart Yoga Justin		
	12:00 Yin Stretch Lindsay	12:00 Smart Yoga Charles	12:00 Yin Stretch Carla	12:00 Smart Yoga Melissa	12:00 Yin Stretch Carla		
	6:00 Vinyasa Gisele	6:00 Flow & Stretch Helena		6:15 Vinyasa Tara			4:00 Hot Core Yoga* Peggy
		7:00 Meditation (In Dec: 12/5 class only) M Carla					4:00 Spa Yoga Helena

**Vinyasa:** This class is for yoga practitioners who have some experience with yoga flow. You will link breathe and movement in this traditional yoga class built on the idea of a moving meditation. The focus is moving from one asana (pose) to the next in a fluid movement incorporating pranayama (breathe) and yoga philosophy. The flow of this vinyasa class can be challenging for those new to yoga, and therefore not recommended for beginners. Hot: over 85° / Warm: under 85°

**Smart Yoga®:** Using precise alignment techniques, go deeply into postures in a safe way that leaves you feeling energized and empowered. Class focuses on strengthening the body, moving through poses with a perfect blend of holding and flowing, leading you on an exciting adventure through the body, and mind. It creates space in the body, opening up joints, and helps heal injuries. Perfect for students that are looking for understanding of their body and how to go deeper into their practice on all levels.

**Spa Yoga:** Relax, relieve stress and restore the body and mind. Focus is on healing the body through Restorative Yoga using organic China Gel (makes the muscles warm), massage, aromatherapy in a candlelit room. The room is comforting, with the temperature at 85 degrees, with candles and lavender. Meditation is brought in at the end of class to keep the mind and body balanced and in a state of bliss. Loose clothes preferred, be comfortable. For all levels

**Flow & Restore:** Vinyasa class for the first 45 minutes, then restores you with Yin poses for the last 15 minutes. Be ready to sweat and then relax the body. For all levels.

**Yin Stretch & Flexibility Yoga:** Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular exercise of cycling, running and other sports in general. The focus is on the lengthening the major muscles and targets the connective tissues of the hips, spine, and shoulders. A healing and rejuvenating practice, ligaments and joints are stretched and lengthened. It creates flexibility and range of motion in the body and joints, and is a moving meditation to calm the mind.

**Yoga Fundamentals:** Perfect for the beginner or for learning more about the alignment of the yoga asanas (poses). It focuses on teaching the poses in a way that is easy to learn and practice. Learn important alignment principles of the poses, breathe (pranayama) and meditation. It prepares students to enter an open level yoga class.

**Core Yoga:** Focuses on strengthening your core and using it throughout class. As in all the disciplines, the core plays the main role in holding the asanas or poses and helps us to with posture and supporting our lower back. This class is an active class and fast paced. Not recommended for beginners!

**Yin Yang:** Suitable for almost. A combination of flow and stretch to balance the body. The class starts with Yang, a flow of traditional yoga poses, awakening and strengthening the body, followed by Yin, a series of deep stretches and restorative poses to relax and heal the body.

Classes are one hour except: \*classes are 75 minutes. M: Mediation Studio. Please reserve in advance when possible 203-661-4033.

Yoga classes are held in the main building, with the exception of 6am classes and the 4pm spa yoga.

