



November 2018 Weekly Class Schedule

All classes offered as drop-in. Foundations, Restorative and Yin classes are suitable for beginners. yogahour® is suitable for fit beginners without injuries or serious physical limitations.
(please see on-line schedule for any teacher substitutions)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00 am Expanding Carrie	7:00 - 8:00 am yogahour® Jen	7:00 - 8:00 am Expanding Carrie	7:00 - 8:00 am yogahour® Heidi	7:00 - 8:00 am Expanding Carrie	8:00 - 9:00 am yogahour® Dallas	
9:30 - 11:00 am Foundations Melissa	9:30 - 11:00 am Yin/Yang Nyk	9:30 - 11:00 am Expanding Andrea	9:30 - 11:00 am Foundations Dallas	9:30 - 11:00 am Foundations + Meditation Ocean	9:30 - 11:00 am Expanding Andrea	9:30 - 11:00 am Expanding Crista
11:45am - 12:45 pm Foundations Adele	11:45am - 12:45 pm yogahour® Ida	11:45am - 12:45 pm Foundations Melissa	11:45am - 12:45 pm yogahour® Ida	11:45 - 12:45 pm Foundations Ida	11:30 - 1:00 pm Foundations Tersia	11:30 - 1:00 pm Foundations + Meditation Sarah Jean
1:00 - 2:00 pm yogahour® Chantelle	1:00 - 2:30 pm Restorative Misha	1:00 - 2:00 pm yogahour® Ida	1:00 - 2:00 pm Restorative Jenn	1:00 - 2:00 pm yogahour® Dallas	1:30 - 2:45 pm Foundations Community Class TTP Grad	1:30 - 2:30 pm yogahour® Jen
		4:15 - 4:40 pm Yoga Nidra Jenn		4:00 - 5:00 pm yogahour® Chantelle	4:30 - 5:30 pm yogahour® Mariko	4:30 - 5:45 pm Foundations Community Class TTP Grad
5:00 - 6:00 pm Foundations Mariko	4:45 - 6:00 pm Expanding Crista	4:45 - 6:00 pm Restorative Jenn	5:00 - 6:00 pm Foundations Ida			
				5:30 - 7:00 pm Restorative Adele		
6:15 - 7:15 pm yogahour® Sarah	6:15 - 7:15 pm Foundations Adele	6:15 - 7:15 pm yogahour® Ida	6:15 - 7:15 pm yogahour® Chantelle			6:00 - 7:30 pm Yin Brad
				7:15 - 8:45 pm Expanding Crista		
7:30 - 9:00 pm Yin Nyk	7:30 - 9:00 pm Yin Brad	7:30 - 9:00 pm Yin/Yang Nyk	7:30 - 9:00 pm Yin Brad			

Class Descriptions

Foundations - Learn the foundations of yoga postures (Asana), breathing techniques (Pranayama) and other yogic practices by developing breath & body awareness. Suitable for ongoing students and beginners.

Expanding - Expand your knowledge of Asana, Pranayama and other yogic practices. May include full inversions and deep backbends.

Restorative - Cultivate deep relaxation, self-awareness and healing through a quiet practice that uses props to allow the body to settle into tension-relieving poses.

Yin - Release deep tissue tension through long holds and slow movement, improving flexibility and increasing circulation in the joints.

Yin/Yang - Yang yoga is a term used to describe the more dynamic and active forms of yoga. Hatha yoga and flow yoga could be called a yang practice. Yang yoga poses often emphasize strength and endurance, they are active, powerful, and generate heat in the body. This class starts off active and ends gently.

yogahour® - Sweat through a fun, fast-paced sequence of postures designed to be the most difficult AND doable 60-minute practice anywhere. Expertly taught by teachers trained in this style. Affordable - only \$10 drop-in. Accessible to fit beginners without injuries or serious physical limitations. note: gently-heated environment (if natural temperature is below 27C).

Foundations + Meditation: Meditate for short periods of time in a comfortable position during your Asana practice to promote more ease in the body and a deeper connection to one's inherent wisdom.

Yoga Nidra - Rest as you lie down with blankets, bolsters, and eye pillows. Learn how to cultivate a state of consciousness that is deeply relaxed, while highly attuned and alert - without having to move a muscle. Only \$8.

Community Class - a Foundations class taught by recent graduates of our yoga teacher training program. Only \$8.