

SHRI YOGA AND WELLNESS CENTER

Winter 2009 (starts 1/2)

MON	Class	Level	Room	
9:15 75 min	Vinyasa	Mixed Levels	A	Lori
4:30 60 min	Hatha	Beginner - Continuing	A	Rachelle
6:00 75 min	Vinyasa	Mixed Levels	A	Rachelle
7:30 60 min	Meditation	Continuing	B	Anya
7:30 75 min	Vinyasa	Continuing	A	Rachelle
TUES				
8:00 60 min	Hatha	Continuing	A	Pam
10:00 75 min	Silver Age Yoga	ALL	B	Jeanne
5:30 75 min	Hatha 26	Mixed Levels	A	Janelle
6:00 75 min	Restorative Yoga	Mixed Levels	B	Rose
7:30 75 min	Hatha	Continuing	A	Jason
WED				
9:15 75 min	Vinyasa	Mixed Levels	A	Pam
6:00 75 min	Vinyasa	Mixed Levels	A	Pam
6:00 60 min	Pilates Mat 2	Intermediate	B	Lisa
7:15 75 min	* Mat Pilates 1 Series (2/24 - 3/24)	Continuing	B	Lisa
7:30 75 min	* New Beginner's Yoga Series (1/13 - 3/3)	Beginners	A	Pam
THURS				
8:00 60 min	Hatha	Continuing	A	Pam
9:15 75 min	* New Beginner's Yoga Series (1/14 - 3/4)	Beginners	A	Pam
4:30 75 min	Gentle Hatha	Mixed Levels	B	MaryBeth
6:00 75 min	Hatha	Mixed Levels	A	Pam
6:00 75 min	* Prenatal Series (1/14 - 3/4)	ALL	B	MaryBeth
FRI				
9:15 75 min	Vinyasa	Mixed Levels	A	Rachelle
11:00 90 min	Vinyasa	Inter - Adv	A	Pam
4:30 50 min	* YogaKids Series (1/22 - 2/26)	Ages 5-9	B	Alicia
4:30 60 min	* YogaKids Series (1/22 - 2/26)	Ages 10+	A	Rachelle
5:30 60 min	YogaDance Happy Hour (monthly- next 1/22)	ALL	B	Michele
SAT				
9:00 75 min	Vinyasa	Mixed Levels	A	Staff
10:00 120 min	* Intro to Meditation Series (2/27 - 3/13)	ALL	B	Diane
10:30 75 min	Hatha 26	Mixed Levels	A	Jason
SUN				
9:00 90 min	Vinyasa with Meditation	Mixed Levels	A	Pam
10:45 75 min	Hatha	Beginner - Continuing	A	Pam

* Series classes - registration is required

PROGRESSION OF CLASS LEVELS:

Beginner- Continuing For new students - includes foundational instructions of breath and alignment

Gentle - Appropriate for all levels of students. Less physically active; includes more seated poses.

Deep Release Therapeutic based Hatha class that incorporates active restorative and restorative poses to release key muscles to open the hips and shoulders

Beginner - Continuing For beginners and those working towards building the foundations

Continuing Builds on the foundations to a fluid and strong basic class

Mixed Levels - Builds from a strong, fluid class to include some intermediate variations. Appropriate for continuing to advanced students.

Intermediate - Adv For intermediate to advanced students who desire to explore more inversions, arm balances and backbend variations. Students should have a strong understanding of alignment.

