

ACTIVE YOGA CLASSES		CLASS DESCRIPTIONS
Level 1		Generally offered as a series class, this is the best place to start your practice
Beginners		to learn the foundations of the alignment and breath. Students will increase
		body awareness, strength and flexibility; improve focus and concentration; and
		relax and calm the mind.
Level 1-2		Students will continue to refine the alignment principles and breath through a
Beginner - Continuing		series of basic yoga poses. With a greater focus on breath-linked movement,
		students will explore elements of 'flow' that link one pose to another.
Level 2		Building from the previous level, students will explore a broader spectrum of poses
Continuing		The transitions and sequencing will become slightly more challenging and poses
		will be held longer to increase strength and stamina
Level 2-3		These classes are fully infused with sun salutation creating a more physically
Continuing - Intermediate		active and challenging class. A deeper understanding of the alignment principles
		will allow students to be guided deeper into the basic poses, with opportunities
		to explore more intermediate/advanced poses.
Level 3-4		This class includes more advanced poses & sequencing appropriate for this level.
Intermediate - Advanced		Applying the alignment principles, students will explore a wider range of poses
		including arm balances, inversions, & deep backbends & hip openers.
ACTIVE CLASSES		CLASS DESCRIPTIONS
Yoga Dance		This soul-stirring class includes yoga, dance and music. This is a chakra-based
		dance explosion that will shake you to your core, awaken your creative
		energies, and raise your vibration.
Mat Pilates Fundamentals		Learn the essential mat exercises of the Fletcher style pilates designed to
		lengthen and strengthen the entire body from the center creating greater ease and
		control of movement.
Mat Pilates 1		Progresses from the fundamental series into the basic mat exercises. Appropriate
		for those who have completed the fundamentals or those restarting their practice.
Mat Pilates 2		For the intermediate students looking for a greater challenge. The Fletcher
		Method Fundamentals are required for this class.
GENTLE YOGA CLASSES		CLASS DESCRIPTIONS
Gentle Hatha: All levels		Softer Hatha approach that explores more seated poses to consciously immerse
		yourself into the pose to refine and explore body awareness & breath.
Restorative Yoga: ALL		Restore and renew yourself! This is a calm approach to the practice using
		supportive props to explore familiar poses. Restore your physical and emotional
		body and allow the mind to rest. You'll love how calm clear you feel.
Silver-Age Yoga: ALL		Silver-age yoga is very gentle class designed to meet the unique needs of aging
		bodies using chairs & other props. The poses in this class will help increase joint
		mobility, improve balance & stability; and release tension and stress.
SPECIALTY CLASSES		CLASS DESCRIPTIONS
Meditation		For all who have a deeper desire to know oneself and the nature of the mind.
		The Fundamental series will give you the tools and the continuing practice
		will provide you with on-going support to enhance your experience and dive deeper
Prenatal Yoga Series		For women in any month of pregnancy. No experience is required.
Tai Chi		Slow, gentle breath-linked movements make this class appropriate for all students.
		Often referred to as a moving meditation, students will learn to focus and align
		the body, mind and breath.
Yoga for MS		Designed to help people across the MS spectrum manage symptoms and
		increase functional abilities and confidence.
Yoga Kids Series		Age-appropriate classes to allow kids of all ages to explore the many benefits of
		yoga & enhance their creative energies. Classes run in a series
Mommy/ Daddy and Me		This interactive class explores movement, breath, sound and touch to create a
		unique bonding experience for child and caregiver.

SHRI YOGA AND WELLNESS CENTER

Fall 2010 (starts 9/7)

MON	CLASS	LEVEL	ROOM	TEACHER
9:15 75 min	Hatha / Vinyasa	level 2	A	Lori
11:00 60 min	* Yoga for MS series (9/13 - 11/15)	ALL	B	Pam / Vicki
4:30 60 min	Hatha / Vinyasa	levels 1-2	A	Rachelle
6:00 75 min	Hatha / Vinyasa	levels 2-3	A	Rachelle
7:30 60 min	Meditation	continuing	B	Anya
TUES				
8:00 60 min	Hatha / Vinyasa	level 2	A	Jennifer
10:00 90 min	Silver Age Yoga (Very Gentle)	ALL	B	Jean
5:30 75 min	Hatha / Vinyasa	level 2	A	Rachel
5:30 75 min	Gentle Hatha	levels 1-2	B	Pam
7:00 75 min	* New Beginner Hatha Series (9/7 - 10/26)	level 1	A	Pam
7:00 60 min	* Pilates Fundamental Series (9/21 - 10/26)	level 1	B	Lisa
WED				
9:15 75 min	Hatha / Vinyasa	levels 2-3	A	Pam
10:00 90 min	Silver Age Yoga (Very Gentle)	ALL	B	Jean
6:00 60 min	Pilates Mat (<i>fundamentals required</i>)	level 2	B	Lisa
6:00 75 min	Hatha / Vinyasa	levels 2-3	A	Pam
7:30 75 min	Restorative Yoga	All levels	B	Vicki
7:30 75 min	Hatha / Vinyasa	level 2	A	Pam
THURS				
8:00 60 min	Hatha / Vinyasa	level 2	A	Pam
4:30 75 min	Gentle Hatha	level 1-2	B	MaryBeth
5:30 75 min	Hatha / Vinyasa	level 2	A	Chris
6:00 75 min	* Prenatal Yoga Series (9/16 - 10/21)	ALL	B	MaryBeth
FRI				
9:15 75 min	Hatha / Vinyasa	levels 2-3	A	Pam
4:30 50 min	* Yoga Kids series (9/24 - 10/29)	Ages 6-9	B	Alicia
5:30 60 min	* Yoga Kids series (9/24 - 10/29)	Ages 10+	B	Alicia
5:30 60 min	Community Hatha Class \$7	All Levels	A	Jason
SAT				
9:00 75 min	Hatha / Vinyasa	levels 2-3	A	Darren
10:00 90 min	Meditation Foundations Series (10/2-10/16)	ALL	B	Anya
10:30 60 min	Hatha / Stationary (starts 9/18)	level 2		Angela
10:30 60 min	Tai Chi Fundamental Series (9/11 - 9/25)	ALL	A	Mark
SUN				
8:00 45 min	Pranayama / Silent Meditation (free)	ALL	A	Pam
9:00 75 min	Hatha / Vinyasa	levels 2-3	A	Pam
10:30 75 min	Hatha / Vinyasa	level 1-2	A	Pam

Hatha / Vinyasa is the our general active yoga classes. Focus is placed on alignment - from the physical to the more subtle, and breath-linked movement. Beginning at the lower levels we work mostly within the format of a hatha class, and incrementally add elements of flow that evolve to a full flowing vinyasa class in level 2-3. Poses and sequencing explored in each class are level appropriate

Hatha / Stationary is a set sequence of poses done in the same order with little variation

Please refer to reverse side for description of the class levels

* Denotes series classes Classes run within the dates posted. Registration is required.