



<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>	<u>Sundays</u>
Gentle 10:30 - 11:45 am Ellen	Hatha 9:00 - 10:15 am Jane	Gentle 10:30 - 11:45 am Ellen	Hatha 9:00 - 10:15 am Jane	Vinyasa Flow 8:00 – 9:15 am Kirsten	Gentle 7:30 – 8:45 am Jamey	Vinyasa Flow 9:30 – 10:45 am Peter
Vinyasa Flow 6:00 - 7:15 pm Laura	Yin Flow 10:30 – 11:45 am Maryann	Gentle Flow 6:00- 7:15 pm Gabbie	Restorative Flow 10:30 – 11:45 am Kirsten	Gentle 10:00 - 11:15 am Becky	Hatha 9:00 - 10:15 am Jane	Gentle Flow 11:00 – 12:15 pm Peter
 <p>🌀 Classes marked with the blue OM are by donation or class card. 🌀</p>	🌀 Ashtanga Abridged 🌀 6:00 – 7:30 pm Peter		Hatha Series 4:00 – 5:00 pm Kirsten	Restorative Flow with Reiki 5:00 – 6:15 pm Jamey	 <p>Book a Reiki healing, angel card reading, natal chart interpretation or Thai Yoga session</p>	🌀 Reiki Share 🌀 February 26 1:00-3:00 pm
	🌀 Yoga Technique 🌀 7:30 – 8:45 pm Rebeca		🌀 Reiki Restore 🌀 6:00 – 7:00 pm Gina (no session 3-16)			Yin Flow 4:00 – 5:00 pm Maryann/Jamey
			🌀 Soul Sessions Sangha 🌀 7:30 – 8:30 pm Lisa			

Classes

Ashtanga Abridged Based on the traditional Ashtanga Primary Series, this class is more instructional and lighthearted than most conventional Ashtanga classes and provides a unique and refreshing way to practice this time-honored form of yoga. Moving through the same sequence each week provides a wonderful way to see your progress while at the same time the repetition increases your capacity to “go inside”. Yogis of all levels are welcome to come move, laugh and learn together.

Gentle Let go of stress and pain while improving flexibility, strength and balance by moving slowly through gentle yoga poses. Release tension and brighter your spirit by connecting deeper to your body and breath.

Gentle Flow Awaken a higher vibration, combine the pace of gentle yoga with the meditation of a flowing practice.

Hatha Integrate elements from a number of yogic traditions in a creative & diverse approach to yoga. Suitable for all levels.

Restorative Flow Make use of the longer holds of restorative yoga to lengthen and rejuvenate the body and a gentle flowing practice to strengthen the body. **With Reiki** Receive universal life healing energy while in restorative postures.

Reiki Restore-Rest and renew while receiving Reiki in a group setting. Reiki is spiritually guided life force energy that can transform your physical, emotional or spiritual state of being. Angels Cards will also be shared to help with guidance.

Soul Sessions Sangha As more and more of us seek meaning and purpose to our existence, we can benefit when we meet in communion with others. In this gathering we will listen to the works of a variety of spiritual writers and/or songwriters, discuss a variety of topics, share personal experiences and insights, practice mindfulness or meditation and together strengthen ourselves for our lives and community.

Vinyasa Flow Vinyasa means to “to move without resistance”. Be guided through a series of poses with the sun salutations as the core to build confidence, strength, flexibility, patience and bliss.

Yin Flow A combination of Yin and Vinyasa yoga which will take you through gentle flowing movements along with longer held postures designed to stretch the body and the connective tissues while increasing circulation in the joints and improving flexibility.

Yoga Technique For all levels, this highly Instructive class welcomes first time yogis and advanced students alike. You will focus on building postures with a strong foundation. Expect demonstrations, hands on guidance and modifications for every level of fitness. This class will help you shred off that outer layer of tension while strengthening your entire body and mind! You will feel better, you will get stronger and you CAN do it!

By Appointment

Access Bars w/ Jennifer The Bars is a body process for dynamic change involving releasing energy in 32 positions on the head. This helps to clear limitations and relieves tension in mind and body. The session includes light reflexology of the hands and feet and includes aromatherapy throughout. At worst it will feel like a great massage and at best it will change your life. One hour private-introductory price \$60.

Angel Card Readings w/ Lynn or Kirsten Connect to divine guidance. One hour private\$50

Astrology w/ Kirsten Know yourself and your soul’s path toward love in this life & the best timing of events. One hour private \$60.

Reiki & Essential Oils Healing w/Practitioners Receive spiritually guided life force energy to relax & promote healing. One hour private \$60.

Thai Yoga w/ Kirsten Experience yoga in a different way. Be gently opened & lengthened in the body through assisted yoga postures. One hour private \$60.