

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

**Illuminate Yoga** An assisted flow based practiced that will illuminate. Based on the teachings of Ashtanga Vinyasa and Bhakti Yoga, you will move, chant and be assisted in postures in order to move you toward Samadhi or union with the Divine.

**Power Hour** Take an hour out of your crazy day to quiet the mind and strengthen the body. Focus on detoxing & exhilarating the body, mind, & spirit. It combines strength, balance, & flexibility in a beautiful flow creating a solid physical, mental, & spiritual workout.

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

**Reiki Restore with Crystals** Rest and renew while receiving Reiki and crystal healing in a group setting. Reiki is spiritually guided life force energy that can transform your physical, emotional or spiritual state of being. Crystals are high vibrational earth energy that can both ground and uplift. 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 Yoga** Experience release and reduce pain with longer held postures designed to stretch the body and the connective tissues while increasing circulation in the joints and improving flexibility.

### 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.

**Tarot Card Readings with Kirsten** Connect to divine guidance. One hour private\$50 or ½ hour \$30.

**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.

