



Yoga Classes-Desert Yoga Therapy

Therapeutic Yoga

Monday & Friday 11:30 AM – 12:45 PM
Tuesday 10:45 AM – 12:00 PM

Instructor: Jayne Robertson

This class is aimed at people caring for shoulders, backs, knees or hips. It is a hybrid of Gentle + Restorative Yoga and focuses on areas of functional movement patterns, balance, hand/eye co-ordination and right/left brain and body function. The class is open to both men and women. You need to sign up in advance

Gentle Yoga 2 For Women

Monday & Wednesday 4:00 PM – 5:15 PM

Instructor: Jayne Robertson

This class builds upon the foundation established in Gentle Yoga or for those who have some yoga experience and are in good health. A more challenging physical practice that includes flowing sequences, standing and balance postures and floor work. Each class concludes with a deep relaxation. This class is a great way to increase strength and flexibility, as well as to find a calmer and more focused way of being.

Restorative Yoga For Women

Wednesday 11:30 AM – 12:45 PM
Thursday 10:30 AM – 11:45 AM

Instructor: Jayne Robertson

Finding relaxation in our every day lives can be challenging. This class is 75-minutes of %ae time+and is fully supported in a restorative yoga practice. This can be a deeply healing practice and is a way to bring harmony and peace to an often hectic life. You must sign up in advance to attend class.

Level 2-3 Vinyasa Yoga for Women

Monday, Wednesday & Friday 9:45 AM – 11:15 AM

Instructor: Jayne Robertson

Building on an established foundation this challenging class offers a focused intensity. Flow sequences coupled with breath include Sun Salutations, standing postures and inversions. Yoga philosophy is woven throughout the practice. Each session concludes with a long savasana (final relaxation pose). You must have yoga experience to attend and sign up in advance.

Chair Centric Yoga

Thursday 2:00 PM – 3:00 PM

Instructor: Jayne Robertson

Perfect for those seeking the relaxing and centering benefits of yoga without getting up and down from the floor. This class is suitable for those new to yoga particularly seniors, those with arthritis or recovering from illness, injury or joint replacement. You must sign up in advance to attend.

Gentle/Therapeutic Yoga (Women & Men)

Thursday 4:30 PM – 5:45 PM

Instructor: Jayne Robertson

A perfect class for those with no yoga experience and ready to step onto the healing path of yoga. This class is also for those seeking a more gentle practice or who want to focus on the basics.

Level 2-3 Vinyasa Flow Yoga (Women & Men)

Monday 5:45 PM – 7:15 PM

Instructor: Jayne Robertson

Building on an established foundation this challenging class offers a focused intensity. Flow sequences coupled with breath include Sun Salutations, standing postures and inversions. Yoga philosophy is woven throughout the practice. Each session concludes with a long savasana (final relaxation pose). You must have yoga experience to attend and sign up in advance.

Vinyasa and Meditation for Stress and Anxiety Management

Tues and Thurs 9-10:15 am

Instructor: Meg Hanebutt

A 75-minute class focused on breath-based movement and body awareness. We will hold each pose for multiple breaths, allowing the pose to become a meditation. Verbal cues will help the practitioner make intentional adjustments and encourage a way to inhabit the body rather than the mind. The final 15-minutes will include a meditation geared toward relaxation of the body and the mind.

Yoga Fusion

Instructor: Deanna Lund

Tuesday & Thursday 6 PM – 7:15 PM

Yoga Fusion combines the flow of yoga with the precision and toning of Pilates. The focus of the practice is connecting breath to movements to increase strength and flexibility with particular attention to the core muscles of the abdomen and back. The use of props will be incorporated such as balls, foam rollers and blocks. Each class concludes with a final deep relaxation. This fusion class can be a powerful practice and is the perfect combination of yin/yang. Open to both men and women who have the ability to get up

Graceful Flow

Instructor: Deanna Lund

Saturday 8-9 AM

A gentle approach to movement while helping the student to enhance their flexibility, balance and range of motion by moving through chair yoga poses and traditional ballet barre postures.

Body, Rhythm and Breath

Instructor: Deanna Lund

Saturday 9:15-10:30 AM

Do you like to dance? Have you experienced Pilates? How about Yoga? In this class you get it all! Pilates for core strengthening. Feel the burn with various dance and barre movements, and the best of yoga for keeping our bodies and mind supple and strong. Join Deanna for a high intensity, fast moving, empowering class! No prior dance experience is necessary.

Advance Your Practice

Instructor: Lynn Coker

Tuesday & Thursday 7-8 AM

Start your day with a dynamic yet supportive class exploring alignment and the more subtle aspects of energetic Hatha postures. The class emphasizes awareness and mindfulness while offering both physical and mental challenges. Our work includes props and partner work to advance and refine our practice in a non-competitive environment.

Deep Stretch and Meditation

Instructor: Lynn Coker

Sunday 8:30-9:45 AM

Unwind from your past week and set the stage for the next during this 75-minute class combining asana, guided breath work and various styles of meditation. With Yin and Gentle poses we will prepare the body and mind to experience greater health and stillness. Each class closes with meditation. The intention of this practice is to equip the body, mind and spirit for superior life experiences off the mat. Open to all levels, both men and women.

Gentle Yoga

Instructor: SueAnn Etebar

Wednesday 6-7:15 PM

A perfect class for those with no yoga experience and ready to step onto the healing path of yoga. This class is also for those seeking a more gentle practice or who want to focus on the basics.

Gentle Flow

Instructor: Deb Sullivan

Tuesday 4:30-5:45 PM

This class is a gentle Vinyasa flow suitable to all levels of practitioner. Be guided in a caring and non-judgmental practice.

Happiest Hour Yoga

Instructor: Julia Alberg-Burbank

Friday 5-6pm (*check calendar as not available every Friday)

Looking to unwind after work or recharge before the weekend? Perhaps you simply want to honor a commitment to yourself to unplug. Join me for the Happiest Hour! Couples, families (teen and up), and individuals who would like to move out of the hectic pace of daily life and move into contemplative time are all welcome. Based on the principles of Judith Hanson Lasater's Restorative Yoga, Sharon Salzberg's, Real Happiness, and Dan Harris' Ten Percent Happier, we will spend some time experiencing deep relaxation and close with meditation. You may participate from the floor or in a chair, and you do not need anything special or any previous experience.

Intro To Yoga

Instructor: Karla Mondragon

Wednesday 8:30-9:30 AM

If you can breathe, you can practice yoga. Break all stereotypes of sex, size, shapes, ethnicity and enjoy a wonderful and magical practice that is over 5000 years old. The class includes breath control, simple meditation and moving with breath (vinyasa). Some of the yoga benefits are: improves your flexibility, aids posture, increases your blood flow, improves your balance and gives you peace of mind. The class instructor, Karla, welcomes bilingual speakers and students that are trying to perfect their Spanish. Come join us as we learn an ancient practice.

Class Pricing: 12 prepaid - \$192 ~6 prepaid - \$99 Single - \$18 New Student - \$30/3 classes/30 days

Desert Yoga Therapy
71843 Hwy 111, Suite C
Rancho Mirage CA 92270

www.desertyogatherapy.com

jayne@desertyogatherapy.com

760-456-5160

Sign up and prepay for classes using the MindBody App