

YOGA IN SPECTRUM

Exclusive resident pricing

\$10 Drop-in

\$45/month Unlimited

\$90 (10) Sessions

\$175 (25) Sessions

Classes led by Yoga Deva.

Yoga Deva with a great love and respect offers the practice of Yoga to Spectrum residents as a path of power to creating the life you want.

REGISTER ONLINE AT YOGADEVA.NET

MONDAYS

ALL LEVELS YOGA - 9:00 - 10:15 A.M.

Vinyasa (connected in a flowing sequence) and static standing and floor postures to strengthen, balance and focus your mind, body and breath. Modifications given as needed with variations of intermediate to advanced Asanas (postures) given according to ones Practice whether your a newbie or a more experienced Practitioner. The most challenging session of the week is held on Saturdays at 9:00am with an emphasis on Flow.

DEVA YIN FLOW- 6:15 - 7:15 P.M.

Yin Yoga is the perfect compliment that brings balance to the more dynamic and muscular Yang styles of asana practice. Body-Mind connection is deepened as postures are held in a meditative state. Relaxation and release of energy is felt in the deeper connective tissues, joints, ligaments and bones of the pelvis, hips and spine.

TUESDAYS

ALL LEVELS YOGA - 9:00 - 10:15 A.M.

Vinyasa (connected in a flowing sequence) and static standing and floor postures to strengthen, balance and focus your mind, body and breath. Modifications given as needed with variations of intermediate to advanced Asanas (postures) given according to ones Practice whether your a newbie or a more experienced Practitioner. The most challenging session of the week is held on Saturdays at 9:00am with an emphasis on Flow.

DEVA GENTLE FLOW - 6:15 - 7:30 P.M.

Yin Yoga is the perfect compliment that brings balance to the more dynamic and muscular Yang styles of asana practice. Body-Mind connection is deepened as postures are held in a meditative state. Relaxation and release of energy is felt in the deeper connective tissues, joints, ligaments and bones of the pelvis, hips and spine.

THURSDAYS

ALL LEVELS YOGA - 9:00 - 10:15 A.M. & 7 - 8:15 p.m.

Vinyasa (connected in a flowing sequence) and static standing and floor postures to strengthen, balance and focus your mind, body and breath. Modifications given as needed with variations of intermediate to advanced Asanas (postures) given according to ones Practice whether your a newbie or a more experienced Practitioner. The most challenging session of the week is held on Saturdays at 9:00am with an emphasis on Flow.

SATURDAYS

ALL LEVELS YOGA - FLOW - 9:00 - 10:15 A.M.

Vinyasa (connected in a flowing sequence) and static standing and floor postures to strengthen, balance and focus your mind, body and breath. Modifications given as needed with variations of intermediate to advanced Asanas (postures) given according to ones Practice whether your a newbie or a more experienced Practitioner.

SUNDAYS

EASY LIKE SUNDAY MORNING - 9:00 - 10:15 A.M.

Gentle movement to stretch the hips and the spine opening the body slowly. Moving into a variety of standing and restorative postures. Balance, strengthening and stretching are emphasized in a gentle slowed down pace.