

The Yoga Studio of Shelby

Current Class Schedule - Effective May 27th, 2013



<http://www.facebook.com/TheYogaStudioOfShelby>

Monday	Class Description	Instructor
10:30-11:30 am	Yoga Fusion	Lisa
7:00-8:00 pm	Hot Vinyasa	Thomas
8:30-9:30 pm	Evening Candlelight Yoga	Thomas
Tuesday		
10:30-11:30 am	Intro to Yoga	Alyssa
6:00-7:00 pm	Prenatal Yoga (Registration required)	Paula
7:30-8:30 pm	Yin/Yang	Lisa
Wednesday		
10:30-11:30 am	Mixed Levels	Julie
6:00-7:00 pm	Basic Hatha	Liz
7:30-8:30 pm	Intro to Yoga	Alyssa
Thursday		
10:30-11:30 am	Basic Hatha	Lisa
6:00-7:00 pm	Yoga Fusion	Lisa
7:30-8:30 pm	Mixed Levels	Lisa
Friday		
10:30-11:30 am	Mixed Levels	Alyssa
Saturday		
9:00-10:00 am	Mixed Levels	Daniel
10:30-11:30 am	Basic Hatha w/Slow Vinyasa	Daniel
12:00-1:00 pm	Intro to Yoga	Paula/Phyllis
1:30-2:30 pm	Gentle Yoga	Paula/Phyllis
Sunday		
10:30-11:30 am	Short Form Ashtanga	Lisa
12:00-1:00 pm	Intro to Yoga	Lisa
1:30-2:30 pm	Yoga Fusion	Alyssa
7:00-8:00 pm	Basic Hatha Yoga - Karma Class (3rd Sunday of month)	Marilyn
7:30-8:30 pm	Yoga Nidra Workshop (2nd Sunday of month)	Jasmin

The Yoga Studio

Class Descriptions

Note: Our classes, with the exception of Hot Vinyasa (which the room is heated to 82 degrees) are at room temperature. We do not have “super hot” (95 plus degree) classes because we do not believe that practicing in such a hot environment is healthy for the human body. However, you will build plenty of internal heat, in a healthy and safe way, in our classes!

Advanced Fundamentals of Alignment - (Intermediate to Advanced) - A form of yoga based on the universal principles of alignment and muscular energy. Learn the secrets to successful forearm balances, backbends, head/handstands, and many other advanced poses. Students must have an intermediate/advanced practice to attend.

Basic Hatha Yoga- (All levels) – A calm and soothing slow practice incorporating traditional yoga movements, breath and meditation. Postures are presented in an easy to follow, accessible manner with plenty of time for modifications as needed.

Gentle Yoga - (Beginners) - Focus is on breathing and deep relaxation with an emphasis on reclining and easy standing poses. Guided relaxation and meditation provided.

Yoga Fusion - (All levels) – Yoga infused with the intense core strengthening of Yoga, Pilates and ballet.

Evening Candlelight Yoga – (All levels) -Spend an evening in the soft, serene glow of candlelight using your yoga practice to open your body and mind. This is an opportunity for students to connect with themselves, their breath and body and feel safe and cocooned while they practice. This class includes gentle stretches, breathing, relaxation, and simple movements to increase range of motion of the major joints. This gentle evening class is a perfect ending to a busy day.

Intro to Yoga (Beginners) - For new students wishing to build a traditional foundation of yoga and confidence to advance to higher levels of strength, flexibility, balance and peace.

Mixed Levels - (All levels) – Dynamic and creative sequences are designed to create focus, wake the inner body and still the mind. Advanced poses may be given in these classes and modifications for the less experienced student.

Intro to Meditation - Meditation is the art of looking inside and discovering one’s own inner being. Meditation leads us not only to totally new inner experiences, but helps us also to transform our day-to-day life into a better, more meaningful and more fulfilling existence.

Short Form Ashtanga - (Intermediate to Advanced)– Based on the classical teachings of Sri K. Pattabhi Jois, the Ashtanga system includes several increasingly difficult series of postures. Students are guided as a group through the Primary Series and postures are linked together with breath (vinyasa).

Slow Burn Vinyasa Yoga - (Intermediate) - Slowly flow through Sun Salutations A/B, gradually increasing to traditional poses which will be held for 3-5 breaths. Creating flexibility, strength and stamina.

Yin/Yang (All levels) - Begin with gentle yin stretches held for 1-3 minutes to calm and soothe the body & mind. Gradually transition to yang poses or variations of Sun Salutation and other traditional yoga poses for strength. Conclude with 10 minutes of savasana, meditation and relaxation.

Vinyasa Yoga - (Intermediate to Advanced) – A particularly athletic and demanding style of practice, vinyasa is appropriate if you seek to challenge your stamina, strength and flexibility. The smooth, continuous flow deepens breathing, increases endurance, and will test the edge of your balance and flexibility. Vinyasa classes are best if you are already physically active, comfortable with basic yoga postures, and appreciate a healthy sweat. Not recommended for students that are new to yoga. **Note: Warm Vinyasa classes are heated to 72 degrees; Hot Vinyasa classes are heated to 82 degrees**