

April 2011 Yoga Schedule

Please note that all classes help with weight loss or balance, as well as toning, increasing flexibility to decrease aches and injury prevention, focus and stress reduction. Classes have slight variations but are interchangeable if you miss a class and need to make one up. If a class must be cancelled a weekend class will be offered and that can be taken, or the option of choosing a different class as a make up.

General Information and Policies:

All classes are yoga therapy designed, not cookie-cutter classes. This means personal attention and a focus on your goals.

Payment expected before classes. No refunds (make up classes offered).

No children during adult classes, no exceptions.

During youth classes, there is not a waiting area- parents may drop off or wait in cars.

Please respect privacy of yard, etc., for my family and, we do not have zoning in the other areas barring the yoga room.

Shoes off when you walk in, at front door/couch area- NOT at your mat.

Do not walk on someone's mat – ever!

Bring a mat or towel to practice on and an additional towel for comfort/to absorb sweat.

Wear modest clothing appropriate for bending and stretching.

Please supply your own water and enough! For most people 8-16 oz is plenty, though you know your own needs/desires.

Most important: Yoga classes are practiced in a quiet room, with no talking, so please be expected to adhere to this. Refunds will not be given if you must be dismissed from class for distraction. There are many reasons for a quiet room.

1. It allows others to focus on their own body/mind.
2. There is no way you are breathing correctly if you are speaking.
3. It helps to stop nervous banter or “talk therapy”/venting for you.
4. Breathing is a very important aspect of yoga; talking is counter-productive to it.
5. It helps self-deprecating and worrisome complaining; complaining or worry during yoga is counterproductive to yoga goals.
6. It's rude!

Arrive about 10 minutes before class – it is a major faux pas to arrive late to yoga. If you will be late, just skip that class all together and do a make up class. Entering late is highly distracting.

ARRIVAL: Remember no talking. Arrive, take shoes off and get onto mat. This is not the time to catch up, be cordial, etc. Silently sit or stand on mat and release the day and change focus to your yoga practice.

END: At end of class, still silent, gather belongings and exit quietly. Try to keep it to no speaking! It is uncomfortable at first for students to get the hang of this but it is crucial to keep the flow of class “lingering” rather than quickly change pace mentally.

Monday	Tuesday	Wednesday	Thursday	Sunday	Special Events
<p><i>Spiritually Based Yoga</i></p> <p>7:00-8:30 Evening</p>	<p>Vibrant Relaxation Yoga</p> <p>10:30-11:30 Morning</p>	<p>Secular Power Yoga for Beginners</p> <p>7:00-8:30 Evening</p>	<p>ANXIETY BUSTER YOGA</p> <p>10:30-11:30 Morning</p>	<p>Kids Yoga (ages 5-10)</p> <p>5:30-6:30 Evening —</p> <p>Preteen and Teen Yoga (ages 11-17)</p> <p>6:30-7:45 Evening</p>	<p><i>See site and pencil in... tossing around a few ideas still!</i></p>
<p>Scripture inspired class with a focus on G_d as the foundation of all things wellness.</p>	<p>Learn to let go and also capture a vibrancy so that you feel better, cope better and don't wear yourself out when stress attacks.</p>	<p>A "Power" yoga class that includes all the basics: flow, viniyasa, theory, hatha, and meditation. Astanga/Ashtanga and Raja styles.</p>	<p>A class that helps you to battle anxiety, panic and stress. A gentle power flow, Kundalini, meditative postures and more. Recapture yourself!</p>	<p>Kids Yoga includes fun games, theory and wellness through yoga.</p> <p>Teen Yoga has a focus of wellness through yoga, and learning stress reduction techniques to carry for a lifetime.</p>	