



Flow Yoga Schedule as of January 2010

The **Flow** style of yoga is characterized by the practice of a series of yoga poses (asanas) without stopping, riding the breath to flow from one pose to the next. We heat our studio to aid in deep muscular release, body purification, and transformational practice. **Please arrive at least 10 minutes prior to the start of class.** We lock the entrance door a moment before we begin our practice!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:30am Vinyasa Flow2 Tori	6:00-7:00am Yoga Sculpt Jenn	9:00-10:30am Prana Flow® 2 Bonnie	6:00-7:00am Yoga Sculpt Jenn	9:00-10:30am Vinyasa Flow 2 Marcia	9:00-10:30am Prana Flow® 2 Julia	8-9:15am (Feb.14,28) Long Slow Deep Stretch Marcia
12:00-1:00pm Power Hour (coming in Feb) Marcia	9:00-10:30am Prana Flow® 2 Julia	12:00-1:00pm Power Hour (coming in Feb) Tori	9:00-10:30am Vinyasa Flow 2 Cindy	12:00-1:00pm Power Hour Tori	10:45am-12:15 Vinyasa Flow 1 Tori	9:30-11:00am Prana Flow® 2/3 Julia
6:00-7:15pm Ashtanga Flow 2 Sylvia	12:00-1:00pm Pilates Staci	12:00-1:00pm Power Hour (coming in Feb) Tori	12:00-1:00pm Pilates Staci	6:00-7:30pm (6:00-7 starting Feb 5th) TGIF yoga Prana Flow Andrew/Marcia	4:00-5:30 Vinyasa Flow 2 Coleen	11:30-1:00am Prana Flow® 1 Kelli
7:30-9:00pm Prana Flow® 1 Kelli	4:30-5:30pm Kids Yoga, 6-12yr Jenn	6:00-7:15pm Vinyasa Flow 2 Raquel	4:30-5:30pm Kids Yoga, 3-7 Jenn	6:00-7:15pm Yoga Basics Beth	4:00-5:30pm Vinyasa Flow 2 Jenn	
	6:00-7:15pm Vinyasa Flow 1 Jenn	7:30-9:00pm Prana Flow® 1 Kelli	6-7:15am Prenatal Yoga Jenn	7:30-9:00pm Vinyasa Flow 2/3 Marcia		
	7:30-9:00pm Vinyasa Flow 2/3 Marcia			6:00-8:00pm HAPPY HOUR YOGA! (FREE) 1 st Fridays only		

Recommendations:

- Drink plenty of water - we have bottles for \$1 or bring your own.
- Please come to class with an empty stomach.
- Please refrain from wearing perfume or cologne.
- Wear lightweight workout clothes.
- Bring a yoga mat; you can also borrow or purchase one from us.
- We recommend that you bring a towel.

Levels:

- Level 1:
- More discussion
 - Slower flow, with more time to rest
- Level 2:
- Less verbal instruction than level 1
 - Fairly athletic practice
 - OK for physically-fit beginners too
- Level 3:
- More advanced poses
 - Vigorous practice
 - Not recommended for beginners

Style Guide

Vinyasa Flow- An athletic, fluid style that emphasizes strength, flexibility and a connection with spirit.

Prana Flow -is an energetic, creative, full-spectrum approach to embodying the flow of yoga inspired by Shiva Rea.

Ashtanga Flow- students will explore the integration of movement and breath in a flowing series of postures based on Ashtanga Yoga.

Yoga Basics- a great class for new yogis or those who prefer a more gentle approach.

