


Yoga

Class Schedule

Effective February 1, 2012


Saw Mill Club

Monday

9:30-10:45AM
Hot Vinyasa Power Flow (Level 2)
 Amy B

11:00-12:00AM
Hatha-Vinyasa Flow Slow Flow (Level 1)
 Amy B

7:15-8:25PM
Fitness Stretch (All Levels)
 Helen

Tuesday

9:30-10:45AM
Hot Vinyasa Power Flow (Level 2-3)
 Kristle

11:00-12:00AM
Hatha-Vinyasa (Level 1-2)
 Wendy

1:00-2:15PM
Hot Power Flow (Level 2)
 Jillian

5:00-6:15 PM
Hatha Yoga (Level 1-2)
 Satveer

Wednesday

7:45-9:00AM
Anusara Flow (Level 1-2)
 Colleen

9:30-10:45AM
Hot Vinyasa Power Flow (Level 2-3)
 Kristle

11:00-12:00PM
Vinyasa Flow (Level 1-2)
 Satveer

1:00-2:15PM
Hot Yoga
 Amy B

5:00-6:15PM
Hot Power Flow (Level 2)
 Jillian

6:30-7:30PM
Back Essentials (All Levels)
 Joe

7:30-8:00PM
Cool Down (All Levels)
 Joe

Thursday

7:45-9:00AM
Hot Power Flow (Level 2-3)
 Jillian

9:30-10:45AM
Hot Vinyasa Power Flow (Level 2-3)
 Amy B

11:00-12:00PM
Align & Flow (Level 1)
 Michelle

1:00-2:15PM
Hot Power Flow (Level 2)
 Michelle

4:00-5:00PM
Hot Power Flow (Level 2)
 Amy B

7:00-8:30PM
Yoga for Athletes (Level 2)
 Michelle

Friday

9:15-10:40AM
Yoga For Athletes (Level 2)
 Michelle

10:45-11:55AM
Fitness Stretch (Level 1)
 Helen

5:00-6:15PM
Candlelight Yoga & Meditation
 Satveer

Saturday

7:30-8:45AM
Hot Detox Box (Level 2-3)
 Jillian

9:00-10:15AM
Set your Flow on Fire (Level 2)
 Jillian

10:30-11:45AM
Hatha Vinyasa (Level 1)
 Satveer

Sunday

9:00-10:15AM
Vinyasa Energetics (Level 1-2)
 Joe

10:45-12:00PM
Vinyasa Flow (Level 1)
 Paul

4:00-5:15PM
Yoga Simply (Level 1)
 Karen

Private Yoga Instruction Available:
 \$100 per hour
 \$360 per block of 4

* Look for special Monthly workshops on Sunday Mornings, 8:30-10:00
 No fee for Members, Non-Members: \$20

KEY: ★ = New Class ⌚ = New Time 😊 = New Instructor \$ = Fee Based Class

Styles and Descriptions of Yoga at SMC:

The bedrock of all styles of yoga rests in the cultivation of mindfulness, steadiness, and bliss within our beings. Finding a style and challenge level that is appropriate for your being is key in building a yoga practice that supports your whole being and personal growth.

Gentle to Moderate Classes:

Anusara Flow - The poses in Anusara Yoga are considered to be “heart-oriented,” and are expressed from “inside out.” Instead of only trying to control the body and mind from the outside, the poses originate from a deep artistic feeling inside. The flow is to keep you moving but connecting with a different emphasis than a vinyasa flow

Back Essentials - If you have ever experienced back pain, don't despair, you are not alone. This class focuses on prevention and the biomechanics of the back. A yoga therapy approach will help strengthen, lengthen and properly align the spine.

Fitness Stretch- Not quite ready for a full yoga class. Learn how to release the tension in your muscles and nervous system. A series of stretches and yoga poses to help bridge the gap between fitness and Yoga. This class is for all fitness enthusiasts who need to learn how to stretch and relax their muscles to remain injury free. All levels

The Cool Down - The breath is the most important element of yoga and for that matter life. It is truly an instrument of change, both physically and mentally. This short 30-minute class is geared towards understanding the mechanics of the breath and its deep impact in the body and mind. Most of the class will be done lying down. No prior yoga experience is necessary.

Hatha-Vinyasa - “Flow and hold” fusion of hatha and vinyasa styles of yoga to improve concentration, inner strength, and endurance.

Candlelight Yoga and Meditation - A Vinyasa Flow class that begins with meditation session designed to relax the mind and rejuvenate the spirit. Let the glow of the candles set the mood and feel the stress of the week melt away.

Teen Yoga - Teens live in a stressful world and need a place to go to relax and live free of expectations. This class will provide that and more. Learn what poses and movements relieve pressure in the neck and shoulders. Learn how to breathe to relieve the stress before a test or anytime you find yourself anxious. This class is conducted in a warm/hot room to help your muscles relax even when your mind is resistant. Upbeat music and lighthearted in attitude.

Yoga Simply - A gentle and active yoga instruction incorporating therapeutic touch, guided deep breathing, relaxation techniques and meditation. Embracing the power of yoga to nourish and heal the body, and reduce stress to create a mindset of well-being.

Vinyasa Energetics Class Description - This class focuses on building greater awareness of energetics of asana'. Using simple flow sequences like classic Sun Salutations, breathing techniques, and dynamic movements within postures, you will discover how the energy (prana) moves in your body.

Moderate to Challenging Classes:

Hot Power Flow - Vinyasa flow yoga in a room heated above 98°F to increase detoxification and promote weight loss.

Vinyasa Flow - Challenging and flowing yoga postures corresponding with breath inhalation or exhalation to create a dynamic mind-body experience.

Hot Power Vinyasa Flow - Feel the warmth of the room flow through those stubbornly tight muscles. A level 2 Power Flow class in a 98°F room. Designed to increase detoxification and promote weight loss

Align and Flow - An exploratory, slower type of flow, with emphasis on proper alignment for poses in the Vinyasa Flow sequence. This “back to basics” class is meant to safely enhance the benefits of your practice and deepen your yoga experience through perfecting your poses. Great for those newer to the Vinyasa flow style of yoga, while challenging and strenuous enough for the experienced yogi.

Yoga for Athletes - A fast paced practice, with emphasis on using core strength and internal stability to move through and within the poses. This practice also targets specific areas and muscles groups where athletes tend to get tight. The Athlete will be able to exhibit their natural strengths and build internal heat to increase flexibility in those areas, and help to avoid injury. Good for any all around athlete and the avid “gym-goer”.

Yoga Class Etiquette

- **Kindly leave your shoes and worries at the door**
- **Be punctual to class.** If late please be as quiet as possible and set up in the back of the class.
- **Turn cell phones on silent.** Please take any emergency calls outside the studio.
- **Absolutely no texting.** (Not even brb, or gtg). If you cannot go 60 minutes without your phone, maybe this is not your day for yoga class.
- **Please speak quietly in the practice studio and enjoy the peace of the space.**
- **The hot classes will require you to bring water and a towel,** —but no Speedos please!
- **Respect the teacher and try to follow the class.** Use modified poses when necessary.
- **Observe silence during Savasana.** Quietly leave before or after, but not during—please.
- **Be mindful of personal hygiene.** The yoga class can bring you closer to your neighbors than anticipated.
- **Please no perfume or cologne.** Deodorant is welcome.
- **Clean your immediate area and return equipment neatly to the space intended for each item.**
- **Be mindful of your neighbor** —courtesy is contagious!