

# YOGA



**\*\*Pre-register for AIReal Yoga Classes\*\***

**effective as of Jan 7**

## MONDAY

6:30–7:30AM  
**Wake up and Flow**  
Amy (Moderate)

9:30–10:45AM  
**Hot Fluid Power**  
Michelle (Moderate-Challenging)

11:00AM–12:15PM  
**Slow Flow and Restore**  
Amy (Gentle)

1:00–2:15PM  
**Hot Fluid Power**  
Michelle (Moderate-Challenging)

4:30–5:45PM  
**Hot Vinyasa**  
Wendy (Moderate-Challenging)

6:00–7:00PM  
**Vinyasa Yoga**  
Linda C (Moderate)

7:00–8:05PM **AIReal Fit** \$

7:15–8:25PM  
**Gentle Yoga**  
Rosie (Gentle)

## TUESDAY

9:30–10:45AM  
**Hot Power Flow**  
Allison (Moderate-Challenging)

10:00–11:15AM  
**Prenatal Yoga**  
Mekea Studio C

11:00AM–12:15PM  
**Yogalicious**  
Anna (Moderate)

12:30–1:45 PM  
**Core and Restore**  
Mekea / Michelle (Gentle)

4:30–5:45 PM  
**Hot Power Flow**  
Linda C (Moderate)

6:00–7:00PM  
**Vinyasa Basics**  
Laurence (Gentle-Moderate)

7:15–8:30PM  
**Hot Fluid Power**  
Michelle (Moderate-Challenging)

## WEDNESDAY

6:30–7:30AM  
**Wake Up and Flow**  
Roxanne (Moderate)

9:15–10:30AM  
**Hot Power Flow**  
Amy B (Moderate)

10:45AM–12:00PM  
**Honey Flow**  
Mekea. (Moderate)

1:00–2:15PM  
**Hot Power Flow**  
Anna B. (Moderate)

5:00–6:15PM  
**Restorative Yoga**  
Rosie (Gentle)

6:30–7:45PM  
**Vinyasa Groove** ★  
Anne Marie (Moderate)

## THURSDAY

8:00–9:15AM  
**Hot Power Flow**  
Alison (Moderate)

9:30–10:45AM  
**Hot Power Flow**  
Erica (Moderate)

11:00–12:15PM  
**Align and Flow**  
Michelle (Moderate)

11:45–12:45PM  
**Chair Yoga** (in Big Gym)  
Dana Gutt (Gentle-Moderate)

12:30–1:45PM  
**Restorative (Heated)**  
Michelle (Gentle)

4:30–5:45PM  
**Hot Fluid Power**  
Michelle. (Moderate-Challenging)

6:00–7:00PM  
**Core Yoga Sculpt**  
Lyn

7:00–8:15PM  
**Meditation & Honey Flow** ★  
Roxanne

## FRIDAY

9:30–11:00AM  
**Hot Fluid Power**  
Michelle (Moderate to Challenging)

11:00–12:00PM  
**Vinyasa Basics** Studio A  
Linda (Gentle-Moderate)

11:45–12:50AM  
**AIReal Fit** \$

4:15–5:20PM  
**Yoga Express**  
Lyn / Anne Marie (Moderate)

5:30–6:45PM  
**Candlelight Yoga**  
Anna (Gentle)

## SATURDAY

7:30–8:45AM  
**Hot Power Flow**  
Anna (Moderate-Challenging)

9:00–10:15AM  
**Hot Vinyasa**  
Anna B (Moderate)

10:15–1 1:00AM  
**Kids Yoga (studio A)**  
Jen Hill (Moderate-Gentle)

10:30–11:45AM  
**Flow & Restore**  
Sara (Moderate-Gentle)

12:00–1:00PM  
**Yoga Fitness for Seniors** BG  
Diana C

12:00–1:00PM  
**Yoga Express: Vinyasa**  
TT (Moderate)

## SUNDAY

9:00–10:15AM ☺  
**Hot Power Flow**  
Neely (Moderate)

10:30–11:45PM  
**Align and Flow**  
Lyn (Moderate)

11:00–12:05AM  
**AIReal Fit** \$ ★

4:00–5:15PM  
**Revive & Restore**  
Mekea (Moderate-Gentle)

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

\* Changes during the month may not be reflected on this schedule  
For the most up to date class schedule we recommend you  
Download the Class Schedule Smartphone App.



For Yoga workshop  
information email Michelle  
yogatraining@sawmillclub.com

**Private Yoga**  
Instruction Available:  
\$125 per hour  
\$450 per group of 4

# Styles and Descriptions of Yoga at SMC:

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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 you is key in building a yoga practice that supports your wellbeing and personal growth.

**Gentle Classes** These classes are open level. Great for beginner to advanced practitioners.

**Restorative Yoga:** Cultivate mindfulness and release stress deep in the tissues as you are guided through a gentle yoga stretch sequence. This class is low-to the ground and allows the practitioner to rest with the support of props in restorative poses. This class is offered with (86 degrees) and without heat.

**Gentle Yoga:** Move gradually through basic yoga postures and explore juicy yoga stretches. Class begins and ends on the floor, with some standing balance work in between.

**Revive and Restore:** Begin with breathwork, transition to a slow flow to revive tired muscles and ease the body into fluid motion. Class culminates with restorative poses as body and mind are supported by props, breath and intention.

**Core and Restore:** Class begins with light movement and 15-20 minutes of core centered work, designed to strengthen and support back health. Class continues with a gentle yoga stretch sequence and restorative poses.

**Gentle Yoga and Meditation:** Class begins by centering with Pranayama (breath work). Then move gradually through a guided stretch sequence to release tension. Culminate with a guided meditation and come right back to you!

**Candlelight Restorative Yoga:** Relax the mind and rejuvenate the spirit with this gentle flow and meditation class. Feel the stress of the week melt away.

**Moderate Classes** These classes are perfect for those with some yoga experience. Modifications as well as more advanced variations are offered to make each class suitable for mixed levels.

**Wake Up and Flow:** Start your day off right with this energizing vinyasa flow. We begin by centering and then progress to build a flow that emphasizes linking breath with movement. Leave feeling blissful and ready to take on your day with focus and strength!

**Align and flow:** An exploratory slow flow, with emphasis on alignment. This class is designed to safely enhance the benefits of your practice and deepen your yoga experience. Great for those newer to the vinyasa flow style of yoga, while challenging and strenuous enough for the experienced yogi.

**Vinyasa Flow:** Vinyasa means 'to place in a special way'. In this class you focus on linking breath with movement. This dynamic, flowing practice cultivates strength, flexibility, balance, focus and endurance.

**Yoga Express:** Need Yoga but Short on time? Then this full body 55 minute vinyasa yoga experience is for. Start off with breath and deep core work. Warm up and progress to Sun salutations. Build on the yoga postures, transitions and flow, to progress to a satisfying full body workout. Cool down and leave feeling blissful.

**Moderate to Challenging Classes:** These classes are strong and are for those with previous yoga experience and/or a strong sense of body awareness. Class style will vary slightly depending on the instructor.

**Hot /Power/Vinyasa/Flow:** Free your body and your mind in this dynamic class where each movement and pose is linked with breath. Our studio is heated between 90-95 degrees to allow a deep opening and cleansing of the body. The yoga flow will include poses and transitions that promote strength building, core awareness and flexibility for the hips, back and shoulders. You will be glistening and glowing when you leave the studio!

**Hot Fluid power:** Explore the power of your fluid nature in this dynamic vinyasa class. This class invites you to move with your natural flow for a yoga experience that enhances balance, vitality, and agility. After centering with core work you will be taken through a flow that will build into varied sequences where you will learn to liberate poses that are often rigidly held allowing you to grow stronger and more flexible with grace. You may even open up to the possibility of an arm balance or inversion mixed in! Studio is heated between 90-95 degrees.

**Yoga for Athletes:** Connect to your core and loosen those muscles to prevent injury! This strong practice emphasises the use of core strength and internal stability to increase balance as you move through

and within the poses. As you build internal heat, you will go deep to target specific areas and muscle groups where athletes tend to get tight. Good for any all around athlete and fitness enthusiasts.

## Specialty Classes:

**Chair Yoga:** Build strength and cultivate flexibility with yoga postures and transitions all done with a chair! This class is perfect for all levels, including those who are looking to get stronger in a gentle way. Class meets upstairs in the big gym.

**Kids Yoga:** 45 minute class for children ages 4-9. Kids will enjoy practicing animated poses and basic stretching exercises that promote body awareness, coordination, strength and flexibility. Breathing and visualization techniques teach kids to focus, relax and develop self-control.

**TT classes:** Need more focused class attention? Then these small group classes are perfect for you. Join our newest talented graduates from SMC Ohra Yoga's 200 hour Teacher Training program. They will guide you through a flow and impart their knowledge to assist and help you grow your practice while simultaneously honing their skills.

**Pre/Post natal Yoga:** This class is focused on bringing strength and energy back into your pre or postnatal body. The class will also give you an opportunity to become part of a supportive community of new mothers while addressing issues and concerns that may arise in your new chapter of life! \$ Fee-based.

**Peak Yoga:** Reach New Heights! Elevate your practice as you progress toward next level peak poses. Postures are broken down to their key components so you can successfully reach your apex - in this workshop style, small group training. You will gain the tools to approach more complex arm balances and inversions with grace and stability. \$ Fee-based.

**Workshops:** Change it up and experience the benefits from the variety of Special events and workshops offered at Saw Mill Club yoga. Renowned yoga instructors from all over, come to share their wisdom with us. \$ Fee-based.

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## 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!**