

# YOGA



**Fall 2021**

**Effective September 6**

All yoga Classes now meet indoors in the big Yoga room unless otherwise indicated.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	8:00–9:15AM <b>SMC Root to Rise (Hot)</b> Amy		7:00–8:15AM <b>SMC Root to Rise (Hot)</b> Neely
9:30-10:30AM <b>SMC Areal Flow</b> Amy (in studio C)	9:30–10:45AM <b>SMC Yoga Flow</b> Roxanne	9:30–10:45AM <b>SMC Yoga Flow (Hot)</b>	9:30–10:45AM <b>SMC Yoga Flow</b> Lyn
9:30-10:45AM <b>SMC Yoga Flow (Hot)</b> Anna	9:30–10:30AM <b>SMC Areal Flow</b> Anna (in studio C)	12:30–1:45PM <b>SMC Yin Yoga</b> Amy	11:00AM–12:00PM <b>SMC Areal Yoga Basics</b> Amy (in studio C)
11:00AM–12:15PM <b>SMC Gentle Flow &amp; Restore</b> Amy	11:00–12:15AM <b>SMC Honey Flow</b> Mekea	5:30–6:45PM <b>SMC Restorative Yoga</b> Rosie	12:00–1:00PM <b>SMC Chair Yoga</b> Mekea (in Big Gym)
	12:30–1:45PM <b>SMC Restorative Yoga</b> Mekea	6:30–7:30PM <b>SMC Areal Flow</b> Anna/Amy	12:30–1:45PM <b>SMC Restorative Yoga</b> Amy
6:00–7:15PM <b>SMC Yoga Flow</b> Mekea	6:30–7:45PM <b>SMC Vinyassa Flow</b> Laurence	7:30–8:45PM <b>SMC Yoga Slow Flow</b> Jaime	4:30–5:45PM <b>SMC Vinyassa Flow</b> Roxanne

FRIDAY	SATURDAY	SUNDAY
9:15–10:45AM <b>SMC Yoga Flow 90</b> Mekea	9:00–10:15AM <b>SMC Yoga Flow (Hot)</b> Anna	9:00–10:30AM <b>SSMC Yoga Flow 90 (Hot)</b> Neely
		10:30AM–12:00PM <b>SMC AiReal Flow</b> Anna                  Studio C

The temperature of "Hot" classes may be lowered to warm at the clubs discretion.

\* 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.



**AIREAL yoga**  
Private & Small Group  
Aireal Classes available

Practice with your people!  
You choose the style of yoga  
and the instructor.  
You bring your crew!  
Schedule your  
**Pod PRIVATE YOGA**  
@ SawMillClub.com  
Contact Mekea  
Yogatraining@sawmillclub.com

For Yoga workshop  
information email Mekea  
yogatraining@sawmillclub.com

## 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.

**Aireal Yoga Flow** - Is a modern practice that uses silks suspended from the ceiling as props to guide and enhance your bodies Yoga experience. The Silks help to stretch and strengthen muscles, improve balance and support healthy spinal function. Learn to Trust the Silk, Step Out of Your Comfort Zone and Experience Something New.

**Gentle Flow** - Gentle postures are linked together with breath to increase flexibility and improve posture. Supported postures held on props allowing you to release into the present moment as you de-stress and bring balance to body, mind & spirit. Restorative Yoga - Cultivate mindfulness and release stress and find physical, mental, and emotional relaxation. Restorative Yoga is appropriate for all levels, and is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

**Gentle Flow & Restore** – A mixture of Gentle Flow (above) and Restorative Yoga (above)

**Dynamic Flow** - Join Your favorite SMC yoga instructors for this demanding Yoga Flow practice. Move with grace and a focus on your breath as you increase strength & flexibility. Dynamic movement helps to create space & strength in your body so you can move better and live well!

**Honey Flow** - Enjoy a slower flow class that is sandwiched between a longer warm up and cool down. Attention is paid to building strength, balance and functional alignment from the ground up, feet to figure tips.

**Vinyassa** - Increase your awareness as you focus on linking breath and asana (posture) with movement. This flowing practice cultivates strength, core stability, flexibility, balance and endurance.

**Hot Vinyassa** - Increase your awareness as you focus on linking breath and asana (posture) with movement. This flowing practice cultivates strength, core stability, flexibility, balance and endurance. Our studio is heated between 90-95 degrees to allow a deep opening and cleansing of the body.

**Power Flow** - Free your body & mind in this faster paced vinyasa style class where each movement and pose is linked with breath. The flow will include poses and transitions that promote strength building, core awareness and flexibility for the whole body.

**Yin Yoga** - Yin yoga works deeply into our body with passive, longer-held poses. Yin yoga targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, and the deep fascia networks of the body. Yin yoga improves the energy flow, enhancing the flow of chi in the organs. To be healthy, we need healthy organs as well as healthy muscles. Yin yoga also offers wonderful emotional and mental health benefits.