

shreeyoga



SUMMER 2018 CLASS SCHEDULE

MONDAY 7:30 - 8:45 am MORNING YOGA, Kari
9:30 - 10:30 am LEVEL I (\$8), Genevieve
12:00 - 1:00 pm YOGA HOUR (\$8), Ashleigh
5:30 - 7:00 pm LEVEL II, Suki

TUESDAY 7:30 - 8:45 am MORNING YOGA, Alice
9:30 - 11:00 am BACK CARE BASICS, Sonya
12:00 - 1:00 pm YOGA HOUR (\$8), Suki
5:30 - 7:00 pm YIN YANG FLOW, Leia 🎵

WEDNESDAY 7:30 - 8:45 am MORNING YOGA, Liz 🎵
9:30 - 11:00 am FOUNDATIONS: LEVEL I, Kelly
12:00 - 1:00 pm YOGA HOUR (\$8), Clint 🎵
1:30 - 2:30 pm PRENATAL YOGA (\$8)*, Rachel
4:00 - 5:00 pm KIDS YOGA (\$5)*, Alice
5:30 - 7:00 pm YOGA FOR BACK CARE, Sonya

THURSDAY 7:30 - 8:45 am MORNING YOGA, Alice
9:30 - 11:00 am YOGA FOR BACK CARE, Sonya
12:00 - 1:00 pm YOGA HOUR (\$8), Liz
5:30 - 7:00 pm GENTLE/RESTORATIVE, Suki

FRIDAY 7:30 - 8:45 am MORNING YOGA, Chaney
9:30 - 10:30 am LEVEL I (\$8), Genevieve
12:00 - 1:00 pm YOGA HOUR (\$8), Clint 🎵
5:30 - 7:00 pm SLOW JAMS: LEVEL II, Ashleigh 🎵

SATURDAY 9:30 - 11:00 am LEVEL II, Genevieve 🎵
12:00 - 1:00 pm LEVEL I (\$8), Liz

SUNDAY 9:30 - 11:00 am SELF-AWAKENING YOGA, Teddy
12:00 - 1:00 pm YOGA HOUR (\$8), Leia
5:30 - 7:00 pm LEVEL II, Kari

\$8 drop-in for 1 hour classes

\$13 drop-in for 1.25 hour classes

\$15 drop-in for 1.5 hour classes

\$48 eight 1 hours - \$85 eight 1.25 hours - \$95 eight 1.5 hours

90 day memberships and private instruction available.

* classes with asterisks are on their own pay scale *

Cash or check only at the studio, visit our website to pay by card.

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CLASS DESCRIPTIONS

BACK CARE BASICS: For students new to yoga who have scoliosis, are recovering from injury or with limited mobility, to manage pain, increase awareness, and deeply relax.

FOUNDATIONS: A more relaxed and gentle preparation for poses. Give time to meditation, floor exercises, and prop arrangements to better understand what a pose asks of us. Each class will explore both restorative and strength-building poses.

GENTLE/RESTORATIVE: Rejuvenate. Realign, refresh and restore your natural state of grace. This is a safe environment for practitioners with injuries and those who want to breathe and relax. No experience necessary.

LEVEL I: Fundamentals. Beginning level class for those new to Yoga. Learn elements of optimal alignment, yogic breathing and awareness of movement in basic postures. \$8

LEVEL II: Expanding. Build on alignment and understanding of movement. Explore inversions, backbends and arm balances with attention to breath's stabilizing rhythm.

MORNING YOGA: Step from your dreams onto your mat, to breathe and move, gently transitioning into the day ahead. A flowing vinyasa with music is the perfect way to awaken. 🎵

SELF-AWAKENING YOGA: Built on the foundation of Feldenkrais and yoga asana Self-Awakening Yoga enhances a student's awareness of habits of movement, symmetry and asymmetry in the body, and patterns of thinking in order to find physical balance and ease, and peace in the heart and mind. "Every path is only one of a million paths."- Carlos Castaneda

SLOW JAMS: LEVEL II: Groove right into the weekend with a sultry playlist, smooth vinyasa to warm up and quiet restorative to simmer down. 🎵

YIN YANG FLOW: Create a balanced practice. Combine a strong, energizing sequence emphasizing breath with movement and cooling, grounding postures. Cultivate mindfulness through integration of both safe alignment and graceful vinyasa. Essential oils used. 🎵

YOGA FOR BACK CARE: Catered to practitioners with an asymmetry of the spine or other back issue, to lengthen, strengthen, and restore.

YOGA HOUR: Play. One hour of mindful practice for lunch. Alignment, deep breath, and looking for the good included. Some call it the cheapest therapy in town. \$8