

shreeyoga



AUTUMN 2018 CLASS SCHEDULE

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

TUESDAY 7:30 - 8:45 am MORNING YOGA, Willow
9:30 - 11:00 am BACK CARE BASICS, Sonya
12:00 - 1:00 pm YOGA HOUR (\$8), Roxy
5:30 - 7:00 pm LEVEL II, Suki

WEDNESDAY 7:30 - 8:45 am MORNING YOGA, Liz 🎵
9:30 - 11:00 am LEVEL I/II, 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, Willow
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), Suki
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 LEVEL I/II, Genevieve
12:00 - 1:00 pm YOGA HOUR (\$8), Kari
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.

www.shreeyogataos.com yoga@shreeyogataos.com

575.758.8014 112 Camino de la Placita Suite C • TAOS NM 87571

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CLASS DESCRIPTIONS

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

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 I/II: Inquiring. Enjoy a relaxed and gently preparation for asana. Give time to meditation, floor exercises, and prop arrangements to better understand what a pose asks of you. Longer than LEVEL I, less demanding than LEVEL II, a perfect in-between to take your practice deeper in a gentle rhythm.

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. Stretch and move gently with music; the perfect way to awaken. 🎵

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

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