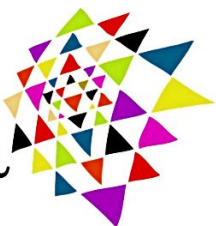


# shreeyoga



## SPRING 2019 CLASS SCHEDULE

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**MONDAY** 7:30 - 8:45 am MORNING YOGA, Willow 🎵  
9:30 - 10:30 am LEVEL I (\$8), Kari  
12:00 - 1:00 pm YOGA HOUR (\$8), Liz 🎵  
5:30 - 7:00 pm SLOW JAMS: LEVEL I/II, Hollie 🎵

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**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

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**WEDNESDAY** 7:30 - 8:45 am MORNING YOGA, Adi 🎵  
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

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**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 🎵  
1:30 - 2:30 pm CHAIR YOGA (\$8), Liz  
5:30 - 7:00 pm GENTLE/RESTORATIVE, Suki

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**FRIDAY** 7:30 - 8:45 am MORNING YOGA, Bitu 🎵  
9:30 - 10:30 am LEVEL I (\$8), Kari  
12:00 - 1:00 pm YOGA HOUR (\$8), Suki 🎵  
1:30 - 2:30 pm MEN ON THE MAT, Clint 🎵  
5:30 - 7:00 pm SLOW JAMS: LEVEL II, Adi 🎵

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

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**SUNDAY** 9:30 - 11:00 am LEVEL I/II, Genevieve  
12:00 - 1:00 pm YOGA HOUR (\$8), Kari  
5:30 - 7:00 pm GENTLE/RESTORATIVE, Rob

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\$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 \*

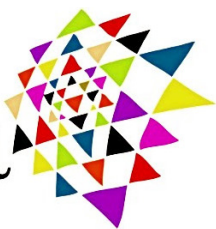
Cash or check only at the studio, visit our website to pay by card.

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

# shreeyoga



## 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.

**CHAIR YOGA:** Support. Use a chair to make poses more accessible. Accommodate for limitations in joint mobility or pain. Support for elderly, injured, or practitioners not looking for a strenuous class.

**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 gentle 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.

**MEN ON THE MAT:** One hour of Asana and philosophy celebrating the masculine through the lens of classic Yoga. 🎵

**MORNING YOGA:** Step from your dreams onto your mat. Breathe and gently transition into the day ahead. Stretch and move with music; the perfect way to awaken. 🎵

**SLOW JAMS:** Groove with a lively 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

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