

shreeyoga



SPRING 2019 CLASS SCHEDULE

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 🎵

TUESDAY 7:30 - 8:45 am MORNING YOGA, Willow 🎵
9:30 - 11:00 am BACK CARE & SCOLIOSIS, 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, 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 GENTLE/RESTORATIVE, Suki

THURSDAY 7:30 - 8:45 am MORNING YOGA, Willow 🎵
9:30 - 11:00 am BACK CARE & SCOLIOSIS, Sonya
12:00 - 1:00 pm YOGA HOUR (\$8), Liz 🎵
1:30 - 2:30 pm CHAIR YOGA (\$8), Liz
5:30 - 7:00 pm LEVEL I/II, Kari

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 🎵

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 GENTLE/RESTORATIVE, Rob

\$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

* classes with asterisks are on their own pay scale *

Cash, check, or credit/debit cards accepted at the studio, visit our website and pay there.

www.shreeyogataos.com yoga@shreeyogataos.com

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



CLASS DESCRIPTIONS

YOGA FOR BACK CARE & SCOLIOSIS: Care for students with scoliosis, or those seeking a slower paced class focused on precise alignment and breath awareness to ease pain, and cultivate gentle strength and supple mobility. Learn strategies for daily maintenance and injury prevention. Internal inquiry is woven into each session for a deep healing beyond the physical. Lengthen, strengthen, and restore.

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. Recover joint mobility and stability. Breathe and relax to restore your natural state of grace. Grounding exercises are integrated with restorative postures, breathwork, and meditation in a safe environment for practitioners with injuries. 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 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