

# shreeyoga



## FALL 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 Fox 🎵  
5:30 - 7:00 pm SLOW JAMS: ALL LEVELS, Hollie 🎵

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**TUESDAY** 7:30 - 8:45 am MORNING YOGA, Claire 🎵  
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, Sonya

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**WEDNESDAY** 7:30 - 8:45 am MORNING YOGA, Hollie 🎵  
9:30 - 11:00 am LEVEL I/II, Phoebe 🎵  
12:00 - 1:00 pm YOGA HOUR (\$8), Claire 🎵  
1:30 - 2:30 pm PRENATAL YOGA (\$8), Rachel 🎵  
5:30 - 7:00 pm GENTLE/RESTORATIVE, Suki

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**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), Suki 🎵  
1:30 - 2:30 pm NOT OVER THE HILL (\$8), Liz Fox  
5:30 - 7:00 pm LEVEL I/II, Kari

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

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

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**SUNDAY** 9:30 - 11:00 am LEVEL I/II, Liz Fox 🎵  
12:00 - 1:00 pm YOGA HOUR (\$8), Roxy 🎵  
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

Youth (under 18) are \$8 for any class

\$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.

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## 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.

**NOT OVER THE HILL:** Maintain. Using props to make poses more accessible. Accommodate for limitations in joint mobility or pain. Support for elderly, those recovering from an injury, or practitioners looking for good stretches and a less 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.

**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