



Sarasota's First Yoga School ♥ Most Established Yoga Studio

The Perfect Combination of Alignment, Flow and Insight

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# FEBRUARY 1 – MARCH 31, 2020 Class Schedule

register online for classes  
[yogafromtheheart.com](http://yogafromtheheart.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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					8:30 - 9:45 am <b>Breathe, Balance, Move &amp; Meditate</b> Lynn	8:30 - 9:45 am <b>Savasana Sunday</b> Kris
10:00 - 11:15 am <b>Basic for Beginners</b> Michelle	10:00 - 11:30 am <b>Yoga for Strength &amp; Mobility</b> Lynn	10:00 - 11:15 am <b>Open</b> Steve	10:00 - 11:30 am <b>Yoga for Strength &amp; Mobility</b> Lynn	10:00 - 11:15 am <b>Beginners Yoga 101</b> Lynn	10:00 - 11:30 am <b>Yoga for Strength &amp; Mobility</b> Lynn	10:00 - 11:15 am <b>Savasana Sunday</b> Steve

**Private Sessions Available 7 Days a Week**

						4:00 - 5:15 pm <b>Savasana Sunday</b> Michelle
5:45 - 7:00 pm <b>Basics for Beginners</b> Wendy	5:45 - 7:00 pm <b>Beginners Yoga 101</b> Lynn	5:45 - 7:00 pm <b>Open</b> Steve	5:45 - 7:00 pm <b>Basic for Beginners</b> Michelle			

## SERIES + DROP-IN FEES

\$20 Drop-In Always Welcome

\$60 for 4 Class Series, valid for 6 weeks  
\$110 for 10 Class Series, valid for 12 weeks

\$72 for 6 Class Series, valid for 8 weeks  
\$275 for 25 Class Series, valid for 27 weeks

## CLASS DESCRIPTIONS

Yoga from the Heart offers a variety of classes. It's important to know that in any class you take, you will never be asked to push past your physical and mental limitations – but you will break new ground nonetheless!

**Basics for Beginners** – Are you looking to start a practice or just need a refresher on the basics? These classes establish a foundation in a simple and straightforward way.

**Beginners Yoga 101** – Experience the playful side of yoga while learning to integrate alignment and functional movement into your practice. Each class refines the fundamental poses and offers ways to use props in a surprising new light.

**Breathe, Balance, Move & Meditate** – These classes are perfect for anyone looking to improve mobility, strength and balance. By targeting stiff and tight body parts through gentle stretching, foundational yoga poses and the creative use of yoga props, you'll experience greater movement in everyday life along with an understanding about how your body moves.

**Open** – This class welcomes everyone – from those with a foundational knowledge to teachers. Classes are ideal for students who are open to diving into all that yoga has to offer.

**Savasana Sunday** – We work and play hard and while we may sleep, we rarely take the necessary time to relax. Savasana Sunday is all about slowing down and relaxing deeply. Classes contain stretching and foundational poses with lots of restorative poses to feed your body and soul.

**Yoga for Strength & Mobility** – These classes are based on principles of movement: True mobility = flexibility + strength & motor control. We playfully step outside the box (and off the mat at times) to explore our practice and movement with curiosity and possibility.