

Class Schedule				register online for classes <a href="http://yogafromtheheart.com">yogafromtheheart.com</a>		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00 am <b>Early Morning Blend</b> Janie			7:00 - 8:00 am <b>Early Morning Blend</b> Janie			
					8:30 - 9:45 am <b>Beginners</b> Lynn	8:30 - 9:45 am <b>Yoga &amp; Restoratives</b> Kris
10:00 - 11:15 am <b>Beginners</b> Michelle	10:00 - 11:30 am <b>Open</b> Lynn	<b>NEW!</b> 10:00 - 11:15 am <b>Hips &amp; Shoulders</b> Steve	10:00 - 11:30 am <b>Open</b> Lynn	10:00 - 11:15 am <b>Beginners</b> Lynn	10:00 - 11:30 am <b>Open</b> Lynn	<b>NEW!</b> 10:00 - 11:15 am <b>Hips &amp; Shoulders</b> Steve
<b>Private Sessions Available 7 Days a Week</b>						
<b>NEW!</b> 4:00 pm - 5:15 pm <b>Mindful Movement</b> Dianne						4:00 - 5:15 pm <b>Open</b> Michelle
	5:45 - 7:00 pm <b>Beginners</b> Lynn	<b>NEW!</b> 5:45 - 7:00 pm <b>Hips &amp; Shoulders</b> Steve				

## 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 healthy physical and mental limitations – but you will break new ground nonetheless!

**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 straight-forward way.

**Early Morning Blend** - Feel energized as you awaken your body and center your mind for the day ahead. Inspirational workouts simple enough for beginners and effective for everyone.

**Mindful Movement** - Mindful exploration of yoga movements, breath awareness, beginning meditation and reiki energy practices come together in this class designed to help students 'chill' while building strength and flexibility. Beginners welcome!

**Hips & Shoulders** - The relationship between your hips, shoulders, pelvis, spine, and core is the key to having a long, healthy, and satisfying yoga practice and life. These classes provide an accessible way to create long-lasting movement in these tight body parts as well as an array of standing poses, backbends, forward bends, twists, and side bends.

**Open** - This all-level class is for anyone with a foundational knowledge of yoga.

**Yoga & Restoratives** - These yummy classes begin with gentle poses to open the body and end with restorative poses that leave you feeling relaxed and renewed.

**Drop In** – \$20 Always welcome!

**4 Classes Series** – \$60 valid for 6 weeks | **6 Class Series** – \$72 valid for 8 weeks

**10 Class Series** – \$110 valid for 12 weeks | **25 Class Series** – \$275 valid for 27 weeks

# Workshops

## **Chakras, Mudras and Asanas - Aligning Energy and Structure**

Adding chakras and mudras to asana practice changes our awareness of the power of alignment. This 3-hour workshop with Kandy guides you through a discovery of how the energy body (embodied in the chakras), and directing the flow of that energy (embodied in the mudras) opens and deepens our body through the asanas. This new alignment can lead to standing more firmly, bending more freely, twisting more deeply, and inverting more confidently.

**Date: Saturday, Jan. 27**  
**Time: 1:00-4:00 pm**  
**Teacher: Kandy Love, PhD, CIYT, CIAYT**  
**Cost: \$60 pre-registration; \$65 day of**

## **De-Stress with Yoga and Acupuncture**

If the new year is moving at warp speed for you, we have just the remedy. Today's demands on life manifest stress which can affect many areas of the body, cause muscle tension and insomnia. This workshop focuses on releasing tension with a centering yoga practice and acupuncture. Take this time to move stress out and relaxation in! Register now for this all levels workshop – limited availability.

**Date: Saturday, Feb 10**  
**Time: 1:00-2:30 pm**  
**Teachers: Michelle and Valerie Daverio, AP**  
**Cost: \$30 pre-registration; \$35 day of**

## **Yoga 101: Standing Poses Take 2**

Standing poses are the foundation of a strong yoga practice. They challenge our strength, flexibility and tenacity. Together we will explore basic postures like Mountain Pose, Standing Forward Bend, Tree Pose, and Warrior 1.

**Date: Saturday, Feb 24**  
**Time: 1:00-2:30 pm**  
**Teacher: Steve**  
**Cost: \$30 pre-registration; \$35 day of**

## **Yoga University**

Steep yourself in an afternoon of yoga designed to expand your mind, deepen your practice, free your breath, and inspire your understanding. Teachers and serious practitioners looking to continue their personal studies in yoga are welcome. February's focus will be on sequencing classes. The art of sequencing a yoga class is a never-ending creative process that grows as your practice deepens. We will continue to optimize your ability to build safe, effective and illuminating sequences for your classes and yourself.

**Date: Saturday, Feb 24**  
**Time: 1:00-4:00 pm**  
**Teacher: Lynn**  
**Cost: \$60**  
**Pre-registration required**  
**Offsite location**

# 100, 200, and 500 Hour Teacher Training Begins in March!

Whether you want to deepen your yoga practice, begin teaching, or enhance your current skill set as a teacher, our Teacher Training programs are for you.

Check the website for more details and dates.