

## Class Descriptions

### Recommended for All Levels

**Basic/Beginners:** For those new to yoga or those who just want a more gentle class. Explore the fundamentals of yoga as you learn how to breathe and move deeply from within. All levels.

**Gentle Yoga:** A perfect blend of breath, movement, stretch and a chance to let go and relax. A peaceful, inviting class designed for anyone looking for a slower paced practice. Focus is on body awareness, linking mindful breathing with simple movements. All levels.

**Slow Flow:** Still challenging but slower flowing with fewer postures than a regular Vinyasa flow class, more emphasis on alignment, breath and the foundations tools of a yoga practice. All levels.

**Yoga/Pilates Fusion:** A dynamic blend of Yoga with Pilates core work. Follow your breath with this flowing approach designed to increase strength and flexibility, improve posture, reduce stress and transform your body. All levels.

**Yoga & Tai Chi:** Nurture your body, mind, spirit and breath with the "moving meditation" benefits of Tai Chi and Qi Gong harmonizing with yoga. Flowing poses and forms combined with breathing emphasize concentration, relaxation and conscious circulation of vital energy (qi) throughout the body to cultivate inner strength and outer flexibility. This class is appropriate for all levels.

**Mixed Levels:** Practice developing balance, flexibility and strength with students of all levels. Modifications on poses are offered for varying levels.

**Chair Yoga:** Are you recovering an injury that may limit your mobility, do you have a disability but still need to keep your body and mind active, or are you a senior citizen looking to keep your body in the best condition possible. You can perform most yoga postures, breathing techniques, meditation, and relaxation techniques from a chair. All levels.

## Class Descriptions

**Yin Yoga:** Suitable for all levels, Yin targets the connective tissues of the body such as fascia, tendons and ligaments. Floor postures are held for long periods of time with the muscles relaxed so you can relieve old patterns of chronic stress and promote optimal health for the joints, spine and most importantly the mind. **Starts October 19th**

**Restorative Yoga:** This style of yoga allows the body to completely relax, revitalize and restore energy as well as release tension using props. Beneficial for yoga students at any level, needing a more gentle yoga experience. Held the 2nd & 4th Friday night of the month. All props will be provided or you can bring your own. Dress comfortably. All levels. **Starts October 20th.**

### Recommended for Intermediate to Advanced

**HOT YOGA:** The room is heated to 95 degrees for this vigorous flow, which helps loosens up muscles and tendons and allowing deeper, longer more effective movements. Bring everything you will need, yoga mat, towel, water, etc. Please hydrate before and after class. *Our studio policy does not allow pregnant women to participate in hot yoga, minimum age 16 years old accompanied by parent, not recommended for students new to yoga. Please honor our policies. Thank you!*

**Vinyasa Flow:** A dynamic flowing form of yoga, linking body movements with the breath. This class weaves a series of yoga postures through traditional Sun Salutations along with standing postures, backbends, inversions and twists. This invigorating heated flow will warm the body; ease the mind of stress while improving strength and flexibility. Intermediate to advanced.

**Vin/Yin Flow :** A rhythm Vinyasa flow complemented by Yin yoga. Yin yoga features seated and reclining poses, which when held passively for 1-3 minutes, target the connective tissue of the hips pelvis, and lower spine. Classes will begin with a warming Vinyasa sequence of sun salutes and standing poses, and will end with a gentle yin sequence. Intermediate level.

## Class Schedule

(Pre-registration required for all classes)

ALL CLASSES ARE ALSO AVAILABLE STREAMING LIVE (AKA ZOOM) PLEASE CHECK OUR WEBSITE!

Day & Time	Class Level	Teacher
<b>Monday:</b>		
8:30 am - 9:30 am	Basic/Beginners	Gail
5:30 pm - 6:30 pm	Basic/Beginners	Missy
7:00 pm - 8:00 pm	Vin/Yin	Cindy
8:15 pm - 9:15 pm	Hot Yoga	Laura
<b>Tuesday:</b>		
10:00 am - 11:00 am	Mixed Levels	Laura
4:00 pm - 5:00 pm	Gentle Yoga	Gail
5:30 pm - 6:30 pm	Yoga/Pilates Fusion	Debbie
7:00 pm - 8:00 pm	Basic/Beginners	Theresa
<b>Wednesday:</b>		
8:30 am - 9:30 am	Mixed Levels	Missy
1:00 pm - 2:00 pm	Chair Yoga	Amanda
5:30 pm - 6:30 pm	Basic/Beginners	Gail
7:00 pm - 8:00 pm	Slow Flow	Cindy
8:15 pm - 9:15 pm	Yin Yoga	Cindy
<b>Thursday:</b>		
10:00 am - 11:00 am	Mixed Levels	Theresa
5:30 pm - 6:30 pm	Yoga/Tai Chi Flow	Debbie
7:00 pm - 8:00 pm	Vinyasa Flow	Theresa
8:15 pm - 9:15 pm	Restorative Yoga	Kelly
<b>Friday:</b>		
10:00 am - 11:00 am	Mixed Levels	Missy
5:45 pm -	The Friday nights Yin & Restorative classes are on hiatus for the summer months.	
<b>Saturday:</b>		
9:00 am - 10:00 am	Vinyasa Flow	Theresa
10:30 am - 11:30 am	Mixed Levels	Theresa
<b>Sunday:</b>		
9:00 am - 10:00 am	Mixed Levels	Stacey

PRE-REGISTRATION REQUIRED FOR ALL CLASSES.

WE WILL CONTINUE TO LIVE STREAM ALL IN STUDIO CLASSES.

*Your account will be charged if you "no show" a class.*

## All New Students: 10 Consecutive Days for \$10

**Pre-registration required for all classes**

### In Studio and Streaming:

Single drop-in class	\$ 16.00
5 class package*	\$ 60.00
10 class package*	\$ 110.00
20 class package*	\$ 200.00
35 class package*	\$ 315.00
Unlimited Monthly**	\$ 95.00
Unlimited 3 Months**	\$ 240.00
Unlimited 6 Months**	\$ 475.00
Unlimited 12 Months**	\$ 925.00

### Streaming and Video on Demand (VOD):

2 Weeks Unlimited	\$ 45.00
1 month Unlimited	\$ 80.00

### Video on Demand Library (VOD):

2 Weeks Unlimited	\$ 15.00
1 month Unlimited	\$ 27.00
3 month Unlimited	\$ 75.00
6 month Unlimited	\$ 140.00

**Private/Semi Lessons (per hr.) - \$55.00 - 70.00**

Referral Bonus Class: Receive a free class for each new student you refer to Santosha Yoga.  
- *College Students* (with current ID), *Seniors* (60 and up) and *Military* (with a valid ID card): 10% discount on all class packages (single drop-in not included), cannot be combined with other discounts and does not include retail items. Cannot be applied online, please call for us to apply the discount.

- \*Individual class packages do not expire.  
- \*\*Unlimited packages cannot be shared or put on "hold" or "extended." All packages are non-refundable.

- Workshops and Special Events are not included in the Class Packages and Unlimited Classes also 10% discounts are not available on these purchases. No refunds on workshops or events.

- Gift Certificates Available (Non-Refundable)  
All major credit cards are accepted as well as SpaFinder/SpaWish Gift Cards.

## STUDIO POLICIES & GUIDELINES

In our efforts to keep Santosha Yoga running as smoothly as possible, please follow these guidelines.

- ◆ Pre-registration & pre-payment continues to be required for all classes & workshops through our website or from your phone on Santosha Yoga's branded app (quickest method).
- ◆ Of course you can always call us and we will put you in the class.
- ◆ As long as there is room in the class you can pre-register up to 5 minutes before the start of class.
- ◆ Please cancel 2 hours or more prior to the start of class to allow a student on the waitlist the opportunity to attend class.
- ◆ If you "no show" your account will be charged for the class.
- ◆ All class packages and workshops are non-refundable.
- ◆ Yoga mats are spaced 6 feet apart in the practice room for everyone's comfort.
- ◆ PLEASE don't come to the studio if you are sick. Stay home for your health and the health of others.

We ask that you honor all of these policies in our goal keep everyone healthy.

Blessings to all.

Updated - October 2, 2022

## Yoga Schedule and Special Event Information

*Pre-registration required for all classes & workshops.*



# YOGA

Santosha (Sanskrit):  
contentment, peace,  
gratitude

### Up Coming Special Events:

**Restorative/Yoga Nidra Together!  
Accompanied by live harp music.**

6:00 PM to 7:30 PM / 3rd Friday of the month.  
Friday, October 21st  
Friday, November 28th  
Friday, December 16th

### Two Part Intro to Yoga Series

Saturday's Oct. 8 & 15 - 12:00 PM to 1:30 PM  
With Theresa May E-RYT 500

**Yin Yoga is Back starting Wed. October 19th  
Restorative Yoga is back  
starting Thursday October 20th**

### Book Club with Missy & Gail

Friday, November 4th - 6:00 PM  
"Into the Magic Shop" by James Doty MD

**Have yoga your way, in studio, streaming (aka zoom) or videos on demand (VOD) with your favorite Santosha Yoga Teachers.**

**Pre-registration is required  
for all classes & workshops.**

48774 Gratiot Avenue, Chesterfield, MI 48051

(South of 22 Mile in Kingston Plaza)

Phone: 586-949-5515

Email: [SantoshaYogaMi@yahoo.com](mailto:SantoshaYogaMi@yahoo.com)

Web Site: [www.SantoshaYogaMi.com](http://www.SantoshaYogaMi.com)

