

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. Practice light movements with consciousness to build strength, balance and flexibility and inner peace. All levels.

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

Yin Yoga: Yin Yoga is a perfect compliment to the dynamic and muscular (yang) styles of 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 min. All levels. Held the 1st & 3rd Friday night of the month.

Restorative Yoga: This style of yoga allows the body to completely relax, revitalize and restore energy as well as release tension using props. Restorative yoga is beneficial for yoga students at any level, needing a more gentle yoga experience. Held the 2nd & 4th Friday night of the month. Class size is limited to 18 students. All levels

ADVANCED REGISTRATION REQUIRED PLEASE

- Bring a standard size pillow case to use over the bolster - Optional: eye pillow or eye mask

Class Descriptions

Chair Yoga: Chair yoga just isn't for seniors. 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.

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.

Kids Yoga: - For little yogis 5 to 11 years old's, 2nd & 4th Saturday of the month. A playful, compassionate, and non-competitive environment awaits your child!

Free Mindfulness & Meditation Class: Learn how to start or keep a meditation practice. Meditation isn't hard to, it just takes a little practice to still your body, breath and thoughts. If you can breath you can meditate. All levels of experience are welcome. Classes held the first Friday night of every month and 3rd Sunday night of every month.

Recommended for Intermediate to Advanced

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.

HOT YOGA Vinyasa Flow: The room is heated to 95 degrees for this vigorous flow, which loosens up muscles and tendons and allowing deeper, longer more effective movements. The heat releases toxins, strengthen the immune system & quickly burns calories. Please hydrate properly before & after class. Intermediate to advanced. Minimum age 15 years old accompanied by parent. **Not recommended for students newer to yoga please!**

Scan the QR code on the right with your smart phone or tablet to access our online scheduling and user account login site



Class Schedule

(Pre-registration not required for regular classes)

Day & Time	Class Level	Teacher
Monday:		
10 am-11 am	Basic/Beginners	Jennifer
1 pm - 2 pm	Chair Yoga	Amanda
5:45 pm-6:45 pm	Basic/Beginners	Penny
7 pm-8 pm	Slow Flow	Christie
8:15 pm-9:15 pm	Hot Yoga	Christie
Tuesday:		
10 am-11 am	Mixed Levels	Christie
4:30 pm-5:30 pm	Gentle Yoga	Kathy
5:45 pm-6:45 pm	Yoga/Pilates Fusion	Debbie
7 pm-8 pm	Vinyasa Flow	Theresa
8:15 pm-9:15 pm	Basic/Beginners	Theresa
Wednesday:		
8:30 am-9:30 am	Teacher's Choice (All Levels)	Jill
10 am-11 am	Mixed Levels	Jill
1 pm - 2 pm	Chair Yoga	Amanda
5:45 pm-6:45 pm	Basic/Beginners	Penny
7 pm-8 pm	Slow Flow	Cindy
8:15 pm-9:15 pm	Yin	Cindy
Thursday:		
10 am-11 am	Mixed Levels	Theresa
5:45 pm-6:45 pm	Hot Yoga	Debbie
7 pm-8 pm	Vinyasa Flow	Theresa
8:15 pm-9:15 pm	Slow Flow	Theresa
Friday:		
10 am-11 am	Mixed Levels	Grace
5:45 pm-7 pm	Yin Yoga	Cindy
<u>(1st & 3rd Friday's of the month)</u>		
5:45 pm-7 pm	Restorative Yoga	Jill
<u>2nd & 4th Friday's of the month, must pre-register, class limited to 18 students & starts promptly at 5:45)</u>		
Saturday:		
7:30 am to 8:30 am	Hot Yoga	Cindy
8:45 am-9:45 am	Vinyasa Flow	Theresa
10 am - 11 am	Mixed Levels	Theresa
11:15 to Noon	Kids Yoga	Meaghan
(2 & 4 Sat. of the month)		
Sunday:		
8:45 am-9:45 am	Mixed Levels	Jennifer
10 am to 11 am	Basic/Beginners	Jennifer
FREE MINDFULNESS AND MEDITATION CLASS.		
Everyone is welcome! First Friday of every month: 7:30 PM to 8:30 PM & 3rd Sunday of every month: 6:00 PM to 7:00 PM		

Class Fees

(Pre-registration not required for regular classes)

First Week is Free!

Single drop-in class	\$ 14.00
5 class package*	\$ 60.00
10 class package*	\$ 110.00
20 class package*	\$ 200.00
35 class package*	\$ 315.00
Kids thru grade 12 - drop-in class	\$ 10.00
Kids thru grade 12 - 5 class package*	\$ 45.00
Unlimited Monthly**	\$ 95.00
Unlimited 3 Months**	\$ 240.00
Unlimited 6 Months**	\$ 475.00
Unlimited 12 Months**	\$ 925.00

Private/Semi Lessons (per hr) - \$55.00 - 70.00
(call for pricing)

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 (Active Duty, Guard/Reserve, Retirees and dependents 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.

*Twelve (12) month expiration on all packages

**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.

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

Benefits of Yoga

Yoga has both preventive and therapeutic benefits. It has been shown to offer both physical and mental benefits to the body and the mind.

The many physical benefits of yoga are improving flexibility and muscle joint mobility; strengthens, tones, and builds muscles; corrects posture; strengthens the spine; eases back pain; improves muscular-skeletal conditions such as bad knees, tight shoulders and neck, swayback and scoliosis; increases stamina; creates balance and grace; stimulates the glands of the endocrine system; improves digestion and elimination; increases circulation; improves heart conditions; improves breathing disorders; boosts immune response; decreases cholesterol and blood sugar levels; and encourages weight loss.

The mental benefits include increased body awareness; relieves chronic stress patterns in the body; refreshes the body by relieving muscle strain; relaxes the mind and body; centers attention; sharpens concentration; and frees the spirit.

Western doctors and scientists are discovering additional health benefits of yoga. Studies have shown that it can relieve the symptoms of several common and potentially life-threatening illnesses; such as arthritis, arteriosclerosis, chronic fatigue, diabetes, asthma and obesity. Many believe it even fends off the ravages of old age.

Yoga helps us to focus on the present, to become more aware and to help create mind body health. It opens the way to improved concentration, coordination, reaction time and memory.

The meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives. Many who begin to practice for other reasons have reported this to be a key reason that yoga has become an essential part of their daily lives.



Santosha (Sanskrit): contentment, peace, gratitude

Yoga and Special Event Information

Free Yoga In the Park!

Downtown New Baltimore near the boat docks.
Sundays' from 11 AM to Noon till end of Sept.
In lieu of payment we are accepting food donations for St. Mary's food pantry.

Inner Peace Crystal Bowl Meditation

With Timothy Mast
Saturday, July 29th—7:00 PM to 8:30 PM

Free Mindfulness & Meditation Class

With Cindy Neville E-RYT 200/E-RYT500
1st Friday of Every Month
August 4 - 7:30 PM to 8:30 PM

Roll, Release & Reconnect Roller Series

With Debbie Kowalski, PT, RYT 200
Aug. 5, Sept. 9 & Oct. 7 - 12:30 PM to 1:45 PM
Come to one or all classes.

Free Mindfulness & Meditation Class

With Theresa May E-RYT 500
3rd Sunday of Every Month
August 20 - 6:00 PM to 7:00 PM

Please pre-register for Workshops

Check our website for detailed information for all our classes and workshops.

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