

## Class Descriptions

### Recommended for 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.

**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.

**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 mind. All levels. Held the 1st & 3rd Friday night of the month & every Wednesday night.

**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 20 students. All levels

**PLEASE PRE-REGISTER FOR THIS CLASS TO SECURE YOUR SPACE !!!**

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.

**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.

**Ashtanga Short Form:** A specialized sequence of asanas (postures) based on the dynamic linking of rhythmic breathe and flowing movement.

**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. Please hydrate properly before & after class. **Our studio policy does not allow pregnant women to participate in hot yoga, minimum age 15 years old accompanied by parent and not recommended for students new to yoga, please honor our policies, thank you!**

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
<b>Monday:</b>		
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
<b>Tuesday:</b>		
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
<b>Wednesday:</b>		
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
<b>Thursday:</b>		
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
<b>Friday:</b>		
10 am-11 am	Mixed Levels	Grace
5:45 pm-7 pm	Yin Yoga	Cindy
<b>(1st &amp; 3rd Friday's of the month)</b>		
5:45 pm - 7 pm	Restorative Yoga	Penny
<b><u>2nd &amp; 4th Friday's of the month, must pre-register, class limited to 18 students &amp; starts promptly at 5:45!</u></b>		
<b>Saturday:</b>		
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
<b>Sunday:</b>		
8:45 am-9:45 am	Mixed Levels	Jennifer
10 am to 11 am	Basic/Beginners	Jennifer
7:30 pm to 8:30 pm	Ashtanga	Amy

**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.

\*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.

## Why Aren't You Doing Yoga?

The list of benefits for yoga and why everyone should be practicing is endless. More and more of our students come to Santosha Yoga from the recommendations of their family physician, cardiologist, chiropractor, massage therapist and counselor.

The journey of yoga starts from the outside and then goes inward. It's like peeling away the layers of an onion. We can't have a healthy body without a healthy mind and can't have a healthy mind without a healthy body, they go hand in hand. When we start to heal the body through yoga poses the healing then "auto-magically" continues on the inside, taking us into the journey of self-realization which is the true essence of yoga.

It's relaxing. It's energizing. It's strengthening. You feel better at the end of a session than before you began, and life runs more smoothly when you maintain a consistent discipline than when you don't. It changes your perspective. You find yourself spontaneously embracing a larger, more accurate conception of who you are and how life works. You start seeing things differently, with less distortion - which results in more peace of mind, better health, more enthusiasm for life, and an ever-growing authentic sense of inner well-being. It will enhance any other physical activity that you are doing and take it to another level.

Any anyone can do yoga; yes anyone can, regardless of your age, physical limitations or flexibility (or lack thereof). If you can breathe you can do yoga. Yoga doesn't discriminate. It's non-competitive and adaptable to every shape, size, gender, and age group.

Are you unable to get up and down off the floor... chair yoga is for you. It has all the benefits with the added support and safety of the chair. New to yoga, try a basic/beginners class. Something more challenging for the experienced yogi, Vinyasa and Hot yoga. Middle of the road; experience a mixed level or slow flow classes, something for everyone. Need to really rest your mind and body restorative yoga and yin yoga.

Discover the yoga class that is right for you and start your journey today and you will wonder why you didn't start sooner. Blessings!

## Yoga and Special Event Information



# YOGA

Santosha (Sanskrit):  
contentment, peace,  
gratitude

### Mindfulness & Meditation - Free Workshop

1st Friday & 3rd Sunday of every month  
Friday, December 7th - 7:30 PM to 8:30 PM &  
Sunday, December 16th - 6:00 PM to 7:00 PM

### Christmas Holiday Schedule

Christmas Eve - 10 AM Mixed Level\*\*  
Closed Christmas Day

New Year's Eve - 10 AM Mixed Level\*\*  
New Year's Day - 10 AM Mixed Level\*\*

\*\*these are the only classes held on those days  
and the only changes to our schedule  
during the holidays.

### Santosha Yoga Book Club

"Traveling with Pomegranates" A Mother & Daughter Journey in the Sacred Places by Sue Monk Kidd

With Penny Carroll -E-RYT200/RYT500  
Friday, December 28 - 7:30 PM to 8:30 PM

### Foundations of Yoga

With Penny Carroll E-RYT 500  
Saturday, January 19 - 1:00 PM to 3:00 PM

### Quartz Crystal Singing Bowl Meditation

With Robert Broyles LMT  
Saturday, January 19 - 6:00 PM to 7:30 PM

### Please pre-register for Workshops

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

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