



**Monday**

10:30 – 12:00 AM Ashtanga Yoga  
 12:15 – 01:30 PM Hatha Yoga  
 06:30 -- 07:45 PM Yoga for Stiff Men Only

**Tuesday**

9:30 – 11:00 AM Hatha Yoga (Strengthen & heal shoulders, arms, and hands with light weights)  
 11:15 -- 12:00 Private Yoga  
 6:30 – 7:45 PM Hatha Yoga

**Wednesday**

9:30 – 11:00 AM Ashtanga Yoga  
 11:15 --12:30 PM Hatha Yoga

**Thursday**

9:30 - 10:45 AM Hatha Yoga (Strengthen & heal legs, knees and feet with ankle weights)  
 6:30 - 7:45 PM Gentle Yoga with Deep Relaxation (Robert)

**Friday**

9:30 -- 10:45 PM Hatha Yoga  
 11:00 -- 12:15 PM Tibetan Yoga

**Saturday**

9:30 – 11:00 AM Hatha, Ashtanga, Core Power Yoga  
 11:15 -- 12:15 PM Private Yoga

<b>Monthly Price</b>			
	<b>One Class/week (M-F)</b>	<b>Drop Ins</b>	<b>Unlimited</b>
<b>Hatha or Tibetan</b>	<b>\$40/month</b>	<b>\$12</b>	<b>\$70 Hatha</b>
<b>Ashtanga or Saturday class</b>	<b>\$48/month</b>	<b>\$15</b>	<b>\$90 Everything</b>
<b>Private Yoga</b>	<b>\$60 per hour</b>	<b>Make appointment.</b>	

**Unlimited : Everything \$90.00 per month.**

**Semi Private: \$75 per hour for Two or more people.**

**Private: Yoga Therapy, or self improvement - one on one \$60.00 per hour.**

## **About Yoga:**

Yoga can provide many real and noticeable benefits. These include more energy, physical and mental healing, sharpen memory. Increase range of motion, gracefulness, youthfulness, and is great at releasing stress and tension. The srotas and the 72,000 nadies or the meridian acupuncture points are stimulated for every organ in the body, including the brain and the skin. Catch fewer colds and flu bugs from learning some deep breathing techniques.

## **“Hatha Yoga for Health & Flexibility -- Stress Buster”**

Tap into the Fountain of Youth by doing this gentle classical yoga class. Learn the Yoga breathing techniques to fall asleep and sharpen your memory. Enhance strength, stamina, and balance. Increase flexibility of your back, neck, shoulders, hips, ligaments, and joints. Become more peaceful, graceful, and cheerful in your body, mind, and spirit. Plus - Deep relaxation.

## **“Ashtanga Yoga” (Athlete – Quicker recovery time)**

Great for athletes – Bikers, Runners, Golfers, Skiers, Snowboarders or anyone who enjoy faster pace than Hatha Yoga to stretch the tightness out of their body and build core strength in the back, abdomen, shoulders, knees and joints. A challenging Yoga that is full of fun.

## **“Tibetan Yoga” (Fountain of Youth Yoga)**

"Tibetan Yoga is an incredible and powerful program. It turns back the clock. It increases energy, mental clarity and focus. It reduces stress, and improves strength and flexibility. It is capable of restoring your passion and zest for life if you let it." John Gray author of "Men are from Mars, Women are from Venus"

## **" Yoga to Lose Weight"**

**Flat Belly solution. This class will go over metabolism type, food combination that burn off bad fat, and Yoga breathing technique and poses to maximize heat to burn off fat!! Discussion of Foods that fits the constitutions and the body type of a person.**

## **“Yoga for stiff men only”**

This class is designed for men who are new to yoga. Gain greater flexibility and strength in the joints, lengthen the muscles, and strengthen the back towards healing of the body, mind and spirit. Learn deep relaxation that takes away all stress and brings clarity of the mind.

## **"Family Yoga"**

**This class will have a lot of aerobic movements doing animal and nature poses. Tumbling, cartwheels, Korean jump roping and awesome asanas! Fun and laughter to create loving bond with our children!! Also covered "Super brain Yoga!!!**

## **"Meditation"**

"Yoga Chitta Vritti Nirodaha" Our mind is in a constant state of thoughts. Meditation is a process of calming the mind towards a stillness and a profound peace.

## **“Yoga Therapy” Get relief from pains and aches.**

This is taken as an individual consultation to resolve problematic issues.

Diabetes, Asthma, Depression, Restless leg syndrome (RLS), Back problems, Carpel Tunnel, Plantar fasciitis, Elbows, Knees, Shoulders, Stress, Joint Pain, Swelling-edema, whatever ails you. Menopause: How to free yourself with hot flashes. Sleep disorder, Neck and Shoulder injury. Private one on one or semi private. Also to accomplish certain advance Yoga poses.