



# Yoga Schedule

July 2017

1834 George Avenue  
Annapolis, MD 21401  
410.224.7220

*Early Registration available for all yoga classes!*

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  | Sunday   |
|---|--|--|---|--|---|--|
| <p>9:30 am Vinyasa Warm<br/>Levels 2/3<br/>90 min - Tina</p>  | <p>9:00 am Vinyasa<br/>Level 1<br/>75 min - Pam</p>  | <p>6:00 am Rise-n-Flow<br/>Yoga Express<br/>All levels<br/>60 min Margaux</p> <p>9:30 am Vinyasa<br/>Levels 1/2<br/>75 min - Donna</p> | <p>9:00 am Yin Yang Yoga<br/>Levels 1/2<br/>90 min - Tina</p>       | <p>8:00 am Yin Yoga <br/>All levels<br/>75 min - Donna</p> <p>9:30 am Vinyasa Warm<br/>Levels 2/3<br/>75 min - Jen</p> | <p>8:00 am Vinyasa Warm<br/>Levels 2/3<br/>75 min - Leigh/Jessie</p> <p>9:30 am Vinyasa<br/>Level 1<br/>75 min - Jessie</p> <p>11:30 am Newbie Yoga<br/>Workshop  \$<br/>2 hours<br/>Aug 5th<br/>Class fee includes<br/>one week of yoga</p>  | <p>9:30 am Vinyasa<br/>Levels 1/2<br/>75 min - Rotate</p> <p>11:00 am Yin Yoga <br/>All levels<br/>75 min - Donna</p> <p>3:30 pm Karma Yoga<br/>All levels<br/>60 min - Rotate</p> |
| <p>12:00 pm Vinyasa<br/>All levels<br/>60 minutes - Jenn</p>  | <p>12:00 pm Yin Yoga <br/>All levels<br/>60 min - Jessie</p>   | <p>12:00 pm Yin Yoga <br/>All levels<br/>60 min - Tina</p>   | <p>12:00 pm Yin Yang Express<br/>All levels<br/>60 min - Jessie</p> | <p>12:00 pm Vinyasa<br/>All levels<br/>60 min - Pam</p>  |   |  |
| <p>5:30 pm Vinyasa Warm<br/>Levels 2/3<br/>75 min - Tina</p> <p>7:00 pm Yin Nidra <br/>All levels<br/>90 min - Tina</p> | <p>4:00 pm Yin Yang Nidra<br/>All Levels<br/>90 min - Tina</p> <p>6:00 pm Vinyasa<br/>All Levels<br/>60 min - Jessie</p> | <p>5:00 pm Vinyasa<br/>All levels<br/>60 min - Donna</p> <p>6:30 pm Yin Nidra <br/>All levels<br/>90 min - Donna</p>                   | <p>4:30 pm Vinyasa<br/>All levels<br/>60 min - Jenn</p>             | <p>6:00 pm Community<br/>Yoga All levels<br/>75 min - Rotate</p>   | <p style="text-align: center;"><b>Key</b></p> <p>All yoga classes are included in MindBody Membership (other members and non-members must purchase a class card).</p> <p> Recommended for post-rehab and beginner wellness programs</p> <p>\$ Additional fees apply – please see the Front Desk to register</p> |  |

**Hours of Operation**

Mon – Thurs. 5:30 am – 9:30 pm  
Friday 5:30 am – 8:30 pm  
Saturday 7:00 am – 5:00 pm  
Sunday 8:00 am – 5:00 pm

**Childcare Hours**

Monday - Thursday: 8:00 am - 2:00 pm and 3:30 pm - 7:30 pm  
Friday: 8:00 am - 2:00 pm  
Saturday: 8:00 am - 12:30 pm  
Sunday: 8:30 am - 12:30 pm

## Vinyasa

Vinyasa yoga connects the breath with a flowing sequence of asanas (postures) to create a dynamic and rewarding practice. There are four basic definitions of vinyasa: 1) the linking of body movement with breath; 2) a specific sequence of breath-synchronized movements used to transition between sustained postures; 3) setting an intention for one's personal yoga practice and taking the necessary steps toward reaching that goal; and 4) a type of yoga class. The flow and moving meditation of a vinyasa practice empowers each student to explore their full potential while developing strength, flexibility, body awareness and an open, clear mind.

### Vinyasa 1

Yoga foundation postures are linked to increase stability and flexibility in the body. The pace is relatively slow with an emphasis on alignment and modifications interspersed with rest postures. The goal is to develop greater body awareness and practice connecting movement with breath; great for beginners and low energy days. This is everyday Namaste!

### Vinyasa 1/2

After grasping the foundations of steadiness and flowing with breath, the basic postures are expanded to include more challenging variations versus modifications. There is less detail to support a moderately steady pace or slightly longer holding times to explore the deeper concepts of yoga. Good for those feeling comfortable and confident with the basics. You'll definitely feel it tomorrow

### Vinyasa 2/3

This is a more rigorous flow for intermediate/advanced practitioners. A good sense of body awareness and knowledge of optional individual modifications to poses is strongly recommended. Expect to explore more arm balancing, inversions, binds and deeper back bends. Good for those with a rather strong, continuous yoga practice. Bring a towel and prepare to work to strengthen your container!

### All Levels

Work at your own pace, previous experience recommended.

### Warm

A vinyasa class in a heated room to allow for deeper stretching and cleansing

## Community Yoga

All levels Vinyasa flow class at a reduced rate of \$6.00. We believe that providing yoga is a community service and offering this session is our expression of karma yoga. Enhance your current practice by adding one more day and reap the benefits spiritually, mentally and physically.

## Karma Yoga

Karma yoga is the process of achieving perfection in action. Our 2017 Yin Yang Yoga Teacher Graduates are pursuing karma yoga by offering this free Sunday afternoon yoga class to the community. Karma, though obviously beneficial to its recipients, also has benefits for those who spread it. Our new teachers are very excited to share their passion and gifts with the community. Feel free to bring a friend and celebrate moving, feeling and supporting these new teachers in their journey. 60 min all levels vinyasa yin yoga class.

## Yin Yang Yoga

This class offers the benefits of Yin and Yang styles of yoga. The yin style of long-held passive poses open the body to more flexibility and energy flow while also encouraging a more contemplative non-reactive quality of mind. This combined with a more active, dynamic yang style of vinyasa flow will help strengthen and invigorate the body and mind. The class concludes with meditation and relaxation.

## Yin Yang Nidra

This class offers the benefits of Yin and Yang styles of yoga and closes with Yoga Nidra. Through a systematic practice of relaxing the body, and inducing a very deep state of subtle awareness, the practitioner has an opportunity to experience "conscious" deep sleep. Yoga Nidra is a powerful meditation technique that is appropriate for absolutely everybody

## Yin Nidra

This class combines Yin Yoga with Yoga Nidra. Through a systematic practice of relaxing the body, and inducing a very

deep state of subtle awareness, the practitioner has an opportunity to experience "conscious" deep sleep. Yoga Nidra is a powerful meditation technique that is appropriate for absolutely everybody

## Yin Yoga

The ancient practice of yin yoga provides the perfect balance to your active (yang) flow practice and your active life. An inwardly drawn practice that focuses on long-held floor poses combined with breath work and meditation, yin yoga goes beneath the superficial muscles to target the joints and dense connective tissues of the body-often in the hips, pelvis, and low back- which are difficult to open and can result in both limited flexibility and range of motion as well as stagnant energy. This practice is gentle, yet intense, helping students not only to open the body, but also to increase range of motion, stimulate energy flow and emotionally developing the ability to stay with our experience as it is.

## Workshops

### Newbie Yoga Workshop

This workshop is geared towards those who are new to Vinyasa flow and want to feel comfortable going into the on-going classes. The basics of Vinyasa flow yoga are introduced, exploring alignment, breathing techniques, and relaxation. One week of unlimited yoga classes is included in the \$30 program fee. The free week of classes is for the week immediately following the workshop only.

- 11:30 am Saturday, Aug 5
- 11:30 am Saturday, Sept 9

