



# Yoga Schedule

April 2018

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 <b>Yin Yang Yoga</b> All levels 90 min - Tina</p>	<p>9:00 am <b>Vinyasa</b> Level 1 75 min - Pam</p>	<p>6:00 am <b>Rise-n-Flow Yoga Express</b> All levels 60 min Margaux</p> <p>9:30 am <b>Vinyasa</b> Levels 1/2 75 min - Donna</p>	<p>9:00 am <b>Therapeutic Yoga Flow</b> All levels 75 min - Tina</p>	<p>8:00 am <b>Yin Yoga</b> ⚡ All levels 75 min Donna</p> <p>9:30 am <b>Vinyasa Warm</b> Levels 2/3 75 min - Jen</p>	<p>8:00 am <b>Vinyasa Warm</b> Levels 2/3 75 min - Leigh/Jessie</p> <p>9:30 am <b>Vinyasa</b> Level 1 75 min - Jessie</p> <p>11:30 am <b>Newbie Yoga Workshop</b> ⚡ \$ 2 hours May 5, June 2 - fee includes one week of yoga</p>	<p>9:30 am <b>Vinyasa</b> Levels 1/2 75 min - Rotate</p> <p>11:00 am <b>Yin Yoga</b> ⚡ All levels 75 min - Donna</p>
<p>12:00 pm <b>Vinyasa</b> All levels 60 minutes - Jenn</p>	<p>12:00 pm <b>Yin Yoga</b> ⚡ All levels 60 min - Jessie</p>	<p>12:00 pm <b>Yin Yoga</b> ⚡ All levels 60 min - Tina</p>	<p>12:00 pm <b>Yin Yang</b> All levels 60 min - Jessie</p>	<p>12:00 pm <b>Vinyasa</b> All levels 60 min - Pam</p>		
<p>5:30 pm <b>Therapeutic Yoga Flow</b> All levels 75 min - Tina</p> <p>7:00 pm <b>Yin Nidra</b> ⚡ All levels 90 min - Tina</p>	<p>4:00 pm <b>Yin Yang Nidra</b> All Levels 90 min - Tina</p> <p>6:00 pm <b>Vinyasa</b> All Levels 60 min - Jessie</p>	<p>5:30 pm <b>Vinyasa</b> Levels 1/2 75 min - Donna</p> <p>7:00 pm <b>Yin Nidra</b> ⚡ All levels 90 min - Donna</p>	<p>4:30 pm <b>Vinyasa</b> All levels 60 min - Jenn</p> <p>6:00 pm <b>Yoga for Emotional Well Being</b> 75 min Jessie</p>	<p><b>Check out our App for Special Pop-Up Classes this winter!</b></p> <p><b>Key</b></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

**Health | Fitness | Wellness**

## 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 for a work-in and a work-out!

### 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

We believe that providing yoga is a community service and offering this session is our continued expression of karma yoga. Enhance your current practice by exploring a variety of our yoga teachers styles including both vinyasa flow to build heat and yin with longer holdings to affect deeper change plus breath work and meditation. Reap the benefits physically, mentally, emotionally and spiritually. Open to all levels of experience, this yoga class is offered at a special reduced rate of \$6.00.

### Rise-n-Flow Yoga Express

Best way to start the day! 60 minutes of vinyasa flow! Vinyasa is a unique style of yoga where postures are linked together in a continuous, challenging and creative flow that combines strength and flexibility while cleansing the body and clearing the mind. Students are always encouraged to move at their own pace with intention and to listen to their body as they explore their own edge and discover inner strength. The room will be warm the music will be upbeat and thoughtful. And you will feel wonderful as you head off into your day!

### Therapeutic Yoga Flow

A thoughtfully designed slow flow vinyasa class focused more on precise movements to gain better understanding of the body and create healthy movement patterns. Classes will explore various regions and systems of the body through a therapeutic lens. Asana, pranayama and meditation will be included in each class. Suitable for all levels.

### 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 all.

### 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.

### Yoga for Emotional Well Being

Each class features discussions of various yogic models which help to increase mental and emotional awareness, promote distress tolerance, and nurture self compassion.

### 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.