

# LIVE YOGA WELLNESS®

## CLASS SCHEDULE

### MONDAY

9:00 – 10:15 am	THERAPEUTIC YOGA	Teri Roseman*
7:00 – 8:15 pm	MIXED LEVEL FLOW	Megan Gance

### TUESDAY

9:00 – 10:15 am	MIXED LEVEL FLOW	Lizbeth Vazquez
7:00 – 8:15 pm	TAI CHI	Jonathan Savell

### WEDNESDAY

9:00 – 10:15 am	ALL LEVEL YOGA	Diane Magnette
1:30 – 2:30 pm	COMMUNITY CLASS**	Peter Rood
7:00 – 8:15 pm	THERAPEUTIC YOGA	Teri Roseman*

### THURSDAY

9:00 – 10:15 am	MIXED LEVEL FLOW	Aina Che
1:30 – 2:30 pm	COMMUNITY CLASS**	Elyse Lauren*
7:00 – 8:15 pm	ALL LEVEL YOGA	Lizbeth Vazquez

### FRIDAY

9:00 – 10:15 am	PRIME OF LIFE YOGA®	Don Henry*
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### SATURDAY

9:30 – 10:45 am***	YOGA REGENERATION	Pamela/Suzi
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\* Denotes Teacher is a Certified Yoga Therapist

\*\*Community class - Suggested donation \$5.00 minimum

\*\*\*Shared Class - Teachers Pamela Blackstone and Suzi McKinney

Schedule as of May 1, 2018

## CLASS FEES

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\$5.00 OFF - FIRST CLASS - NEW STUDENT  
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PRICES	UNLIMITED CLASSES
\$17.00 - 1 individual class	
\$70.00 - 5-class series AR (\$14/ea)****	\$108.00 – Intro - 30 Day
\$75.00 - 5-class series (\$15/ea)	\$125.00 – Monthly Unltd AR****
\$175.50 - 15-class AR (\$11.70/ea)****	\$350.00 – Qrtly Unlimited****
\$195.00 - 15-class series (\$13/ea)	\$1,300.00 – 1 Year Unlimited****
**** AR - Auto-renew	

No refunds or transfer on class packages.

Teacher or class time is subject to change without notice.

## CLASS DESCRIPTIONS

### ALL LEVEL YOGA — Beginner Friendly

This class will inspire openness and strength. The postures, breathing, relaxation, and meditation are taught classically and in a practical way that will help bring synchronicity and balance to people's lives. If the body is strong and flexible, the nervous system will be relaxed, the breath will be smooth, and the mind will be calm and clear.

### COMMUNITY CLASS — Beginner Friendly

This is an all-level class to which everyone is welcome. There is no fee; suggested donation \$5.00 minimum.

### KIDS YOGA — Beginner Friendly

In this class, kids (5-8 years old) begin to explore yoga in a fun and supportive environment. We practice a variety of poses to strengthen our bodies, and explore different breathing techniques to calm our minds. We learn how to use yoga to support physical strength, emotional well-being and mental focus in a safe environment.

### MIXED LEVEL FLOW — Intermediate-Advanced

This class emphasizes linking the breath with continual movement. The students will flow through a sequence of basic postures, building stamina, strength, flexibility, and balance. It is designed so that all levels can practice together in an encouraging environment.

### PRIME OF LIFE® — Beginner Friendly

Yoga that includes asana that is accommodating, covering everyday biomechanics, management of common aches and pains stress reduction.

**TAI CHI** — is a thousand year-old ancient chine self-healing method. Wheterh this is your first experience or you are a seasoned practitioner, you will leave with a variety of tools that you can apply to your daily life immediately.

### THERAPEUTIC YOGA — Beginner Friendly

Ideal for People with Specific Health or Recovery from Injury Needs

This class is a healing, physically slower approach to yoga. The starting point is what is comfortably possible for the practitioner. Postures are modified using props and are tailored to individual needs and physical capabilities. The level of difficulty and intensity is attuned to the individuals in each class and refined constantly throughout the practice. Morning therapeutic classes focus on creating energy for the day ahead, while evening therapeutic classes focus on releasing stress and tension from the day.

### YOGA REGENERATION — Beginner Friendly

An intuitive and compassionate exploration of the body, mind, and spirit through long-held stretches, hatha yoga postures, core stability exercises, deep contemplations, pranayama, meditation, and restoration.