

Yogadurango

May Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Highlights for May: <ul style="list-style-type: none"> New time for Thursday Beginner Yoga: 10-11:30am New Yin class with Elise added on Thursdays, from 4-5:15p Darren Rhodes workshop May 8-10, please note changes to regular class schedule on those dates 3 Free classes -- May 16, 30 and 31! Tibetan Bowl meditation on May 23 No classes on Memorial Day, May 25 					1 10:15-11:30am Yoga for Grief (Michele) 12-1:00pm Power Yoga (Michele) 5-5:30 Philosophy 5:30-7:00pm Anusara Inspired (Kim)	2 8:30-10am Hot Vinyasa (Erika) 11am-12:30pm Hatha (Cara)
3 9-10:30am Hatha (Cara) 11am-12:30pm Kundalini (Kirsten) 4-5:00pm Yoga for Cyclists (Katie) 6-8:00pm Hot Vinyasa (Stephanie)	4 12-1:00pm Power Yoga (Erika) 6-7:30pm Hot Vinyasa (Karla)	5 6:45-8:00am Kundalini (Kirsten) 12-1:00pm Hatha (Sheryl) 4:30-5:30 Afternoon Flow (Casey) 6-7:30pm Vinyasa (Michele)	6 12-1:00pm Power Yoga (Erika) 4:30-5:30 Power Fusion (Elise) 6-7:30pm Hot Vinyasa (Katie)	7 6:30-7:30am Sunrise Flow Yoga (Heather) 10-11:30am Beginner Yoga (Joan) 12-1:00pm Yoga for Core Strength (Lynn) 4-5:15pm Yin (Elise) 6:00-7:30pm Hatha (Sheryl)	8 10:15-11:30am Yoga for Grief (Michele) 12-1:00pm Power Yoga (Michele) <i>(Anusara-Inspired class is canceled)</i> 6-8:00pm Darren Rhodes Workshop	9 <i>(Hot Vinyasa class is canceled)</i> 9-11:30am Darren Rhodes Workshop 12-1:30pm Hatha (Michele) 2-4:30pm Darren Rhodes Workshop
10 <i>(Hatha class canceled)</i> 9-11:30am Darren Rhodes Workshop 12-1:30pm Kundalini (Sujog) 4-5:00pm Yoga for Cyclists (Katie) 6-8:00pm Hot Vinyasa (Stephanie)	11 12-1:00pm Power Yoga (Michele) 6-7:30pm Hot Vinyasa (Karla)	12 6:45-8:00am Kundalini (Kirsten) 12-1:00pm Hatha (Sheryl) 4:30-5:30 Afternoon Flow (Casey) 6-7:30pm Vinyasa (Michele)	13 12-1:00pm Power Yoga (Erika) 4:30-5:30 Power Fusion (Elise) 6-7:30pm Hot Vinyasa (Katie)	14 6:30-7:30am Sunrise Flow Yoga (Heather) 10-11:30am Beginner Yoga (Joan) 12-1:00pm Yoga for Core Strength (Lynn) 4-5:15pm Yin (Elise) 6:00-7:30pm Hatha (Sheryl)	15 10:15-11:30am Yoga for Grief (Heather) 12-1:00pm Power Yoga (Erika) 5-5:30 Philosophy 5:30-7:00pm Anusara Inspired (Elizabeth)	16 8:30-10am Hot Vinyasa (Katie) 11am-12:30pm Hatha (Sheryl) 1-2:30pm FREE Yoga Basics Workshop
17 9-10:30am Hatha (Cara) 11am-12:30pm Kundalini (Kirsten) 4-5:00pm Yoga for Cyclists (Katie) 6-8:00pm Hot Vinyasa (Stephanie)	18 12-1:00pm Power Yoga (Erika) 6-7:30pm Hot Vinyasa (Karla)	19 6:45-8:00am Kundalini (Kirsten) 12-1:00pm Hatha (Sheryl) 4:30-5:30 Afternoon Flow (Casey) 6-7:30pm Vinyasa (Michele)	20 12-1:00pm Power Yoga (Erika) 4:30-5:30 Power Fusion (Elise) 6-7:30pm Hot Vinyasa (Katie)	21 6:30-7:30am Sunrise Flow Yoga (Heather) 10-11:30am Beginner Yoga (Joan) 12-1:00pm Yoga for Core Strength (Lynn) 4-5:15pm Yin (Elise) 6:00-7:30pm Hatha (Sheryl)	22 8:30-9:30am Tibetan Bowl Meditation 10:15-11:30am Yoga for Grief (Michele) 12-1:00pm Power Yoga (Michele) 5-5:30 Philosophy 5:30-7:00pm Anusara Inspired (Kim)	23 8:30-10am Hot Vinyasa (Heather) 11am-12:30pm Hatha (Cara)
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31 9-10:30am Hatha (Cara) 11am-12:30pm Kundalini (Kirsten) 4-5:30pm FREE Intro to Hot Vinyasa 6-8:00pm Hot Vinyasa (Stephanie)						

Class Descriptions:

Afternoon Flow Yoga: A class where you will flow from one asana to another, and link movements to the breath. Students will be encouraged to find their own connection to the postures and to the mind/body connection that is the essence of all yoga. The afternoon time slot makes it ideal for school teachers, or those with limited time! Each class will be new and interesting and dedicated to the individual abilities of all students.

Anusara - Inspired Yoga: Literally translated as: "flowing with Grace," "following your heart," or "being in the flow," embodies an "uplifting philosophy, epitomized by a "celebration of the heart," that looks for the good in all people and all things. Consequently, students of all levels of ability and yoga experience are honored for their unique differences, limitations, and talents." (www.anusara.com) During the philosophy section of the class, we will be exploring and discussing different concepts related to yoga and conscious living. Various aspects of Anusara yoga will be interwoven into the discussion. No prior knowledge of yoga philosophy is necessary for attending this discussion.

Beginner Yoga: Class for new students or those who need a refresher course in basic yoga postures, breathing techniques, and postural alignment principals. Attention to alignment assists students to experience ease in the poses as well as enhances the flow of the breath. No previous yoga experience is necessary!

Hatha Yoga: This class breaks down instruction to encourage proper alignment and steadiness in asanas and uses the breath as the fundamental key to body/mind integration. A Hatha yoga class provides students with a well-rounded practice and instructs practitioners to modify, vary or progress in poses accordingly.

Hot Vinyasa: A derivative of Ashtanga Yoga, this vigorous class is taught in a heated room of approximately 103 degrees and 30% humidity. Hot Vinyasa differs from a Bikram-style practice. The objective is to flow from one pose to the next while working with the breath and the alignment principles of various asanas. The body begins the detoxification process and muscles become more flexible. Hot Vinyasa is recommended for experienced practitioners only.

Intro to Hot Vinyasa: FREE class designed for students who have some yoga experience and want to explore practicing vinyasa in a 95-100 degree room. We will discuss the benefits and challenges of practicing in the heat and go through an abbreviated class sequence that you'll find in our Hot Vinyasa classes.

Intro to Kundalini: FREE class to explore Kundalini yoga. Kundalini yoga is the yoga of awareness. In this class, you will learn three of the basic breath techniques most often used in kundalini yoga classes; long deep breathing, breath of fire and alternate nostril breathing. You will learn some of the most commonly used mantras as well as the three body "locks" or bandhas which will improve your kundalini yoga practice. You will learn about the use of the gong in kundalini yoga classes. You will learn how flexibility of the spine brings more energy and vitality; what is "kundalini energy", what are the Ten Bodies and will experience a personal assessment based upon the Ten Bodies. Personal Assessment is the key to finding where you are currently operating from, so you can move more efficiently towards where you want to go in life. Most importantly, this class will be very experiential. Come one, come all. All levels welcome.

Kundalini Yoga: A dynamic blend of postures, pranayam (breath), mantra (word), music and meditation, which teach you the art of relaxation, self-healing and elevation. No previous experience in yoga is required for you to achieve results with your very first class. Through the practice of Kundalini Yoga and meditation, your glandular and nervous systems are stimulated, and your capacity for creative potential is heightened. You gain inner vitality to compensate for the adverse effects of stress so you can excel in life.

Power Fusion Yoga: Marries Bikram Yoga's sequence of 26 static poses with the flow and grace of Vinyasa Yoga. Although the framework of this class is a set sequence that enables the entire body to become strong and supple, each week the focus may shift to include pranayama, philosophy, meditation or more detailed alignment instruction. Taught in a 95 degree room and set to lively music, this class is designed to be challenging, energizing, meditative and fun! Appropriate for all levels - come as you are!

Power Yoga: A dynamic flow yoga class focusing on strength, balance and movement. Experience and learn to allow your body to move with the breath. Some experience is recommended.

Vinyasa Yoga: Incorporates a flowing sequence of asanas coordinated with the breath. The word Vinyasa means "breath-synchronized movement", or "to place in a special way." In other words, the teacher will instruct you to move from one pose to the next on an inhale or an exhale with some longer holds along the way. Some experience is recommended.

Yin Yoga: Yin yoga, also called "Taoist yoga," is a meditative stretching practice of holding floor poses for 3 to 5 minutes at a time. Yin Yoga targets the deep connective tissues of the body, especially around the hips, pelvis, and lower spine. It is the ideal compliment to more muscular "yang" forms of yoga, and other types of exercise such as biking, skiing and running. This meditative class is suitable for all levels and is a sweet break from your busy life.

Yoga Basic Workshop: FREE workshop designed for beginners to teach the basics of yoga in a special, non-intimidating environment. We will learn the fundamentals of alignment and breathing, as well as the practice of basic stretches, balancing poses, strengthening exercises, and relaxation techniques. No previous yoga experience is necessary!

Yoga for Core Strength: Emphasizes poses that engage the core muscles to promote increased strength and balance. Strong, toned muscles at the core of your body support optimal health for this crucial area, which houses vital organs. Increased core strength will also help relieve back pain and improve your posture. Appropriate for all levels.

Yoga for Cyclists: This class is designed to meet the needs of cyclists training for the Iron Horse Bicycle Classic (IHBC), recreational riders, or sponsored pros. Cyclists typically suffer from overuse injury, poor body mechanics, and tight muscles. This class will enhance your performance and provide you with a healthier mind and body and give you a competitive edge for the IHBC. This class runs from April 19-May 17 only.

Yoga for Grief: This class provides techniques to promote the transformation of grief and loss into material for our nurturance. We'll do this by using the breath and movement to address the delicate endocrine mechanisms in the body responsible for the grief reaction. We'll also learn techniques to: unblock parts of the body while allowing feelings and emotions to find a way to surface and discharge; help promote a psychological sensation of greater control over life; allow a general feeling of "being alive" surface; and help regulate biorhythms, like the sleep/wake cycle. Because depression often accompanies grief, this class will also offer tools to help deal with depression. Just making the commitment to come to class shows an effort towards healing! The supportive energy of the group along with individualized attention allows your process to proceed in the most natural way for you. All levels of ability are welcome and encouraged to attend.

Class Prices

Class drop in: \$13; Student & Senior drop in: \$10
5 class card: \$55; Student & Senior 5 class card: \$45 (2 month expiration)
10 class card: \$100 ; Student & Senior 10 class card: \$80 (4 month expiration)
20 class card: \$180 ; Student & Senior 20 class card: \$140 (6 month expiration)
1 month unlimited: \$100