



YOGADURANGO
CLASS SCHEDULE: EFFECTIVE FEBRUARY 1ST

TIME	CLASS	NOTES	INSTRUCTOR	LOCATION
SUNDAY				
9:00AM-10:30AM	Hatha	All levels	Sheryl	1485 Florida Rd
9:00AM-11:00AM	Ashtanga Primary Series	Level 2 (through 2/19)	Scott	1140-A Main Ave
4:00PM-5:30PM	Bhakti Flow	All levels (with Sacred Sound 2/12)	Michele	1485 Florida Rd
5:00PM-6:00PM	NEW! Community Yoga	All levels (by donation)	Varies	1140-A Main Ave
6:00PM-7:30PM	Hot Vinyasa*	Level 2/3	Celeste	1485 Florida Rd
MONDAY				
9:15AM-10:30AM	Morning Vinyasa	Level 2	Sheryl	1485 Florida Rd
12:00PM-1:00PM	Simply Yoga	Level 1	Katie	1485 Florida Rd
12:00PM-1:00PM	Yoga Hour	Level 2	Erika	1140-A Main Ave
4:30PM-5:30PM	NEW! Hot Vinyasa*	All levels	Celeste	1485 Florida Rd
5:30PM-6:45PM	Chi Yoga	All levels	Lynn	1140-A Main Ave
6:00PM-7:30PM	Hot Vinyasa*	Level 2/3	Katie	1485 Florida Rd
TUESDAY				
6:30AM-7:30M	Kundalini Yoga	All levels	Daniel	1485 Florida Rd
8:30AM-10:00AM	Feel Good Yoga	All levels	Brady	1485 Florida Rd
12:00PM-1:00PM	Hatha	All levels	Sheryl	1485 Florida Rd
12:00PM-1:00PM	Vinyasa Hour	Level 2	Katie	1140-A Main Ave
4:30PM-5:30PM	Afternoon Flow	All levels	Casey	1485 Florida Rd
5:30PM-6:45PM	Prenatal Yoga	No drop ins	Sheryl	1140-A Main Ave
6:00PM-7:30PM	Hatha Flow	Level 2	Michele	1485 Florida Rd
7:15PM-8:30PM	Lunar Yoga	All levels	Julie	1140-A Main Ave
WEDNESDAY				
6:30AM-7:30AM	Wake Up Yoga	All levels	Casey	1140-A Main Ave
8:15AM-9:15AM	Vinyasa Flow	Level 2	Heather H	1140-A Main Ave
9:15AM-10:30AM	Slow Yoga	All levels	Sheryl	1485 Florida Rd
12:00PM-1:00PM	Hatha Yoga	All levels	Michele	1140-A Main Ave
4:00PM-5:15PM	Living Well Yoga for Cancer	All levels (by donation)	Michele	1140-A Main Ave
4:30PM-5:30PM	Fusion Express*	All levels	Katie	1485 Florida Rd
5:30PM-6:45PM	Breath in Motion Yoga	Level 2/3	Erika	1140-A Main Ave
6:00PM-7:30PM	Hot Vinyasa*	Level 2/3	Katie	1485 Florida Rd
THURSDAY				
6:30AM-7:30AM	Sunrise Flow	All levels	Heather M	1485 Florida Rd
8:00AM-9:30AM	NEW! Hot Vinyasa*	Level 2/3	Celeste	1485 Florida Rd
10AM-11:30AM	Beginner Yoga	Level 1	Joan	1485 Florida Rd
12:00PM-1:15PM	Grace in Yoga	All levels	Deb	1140-A Main Ave
4:15PM-5:30PM	Yin Yoga	All levels	Joy	1485 Florida Rd
5:30PM-7:00PM	Anusara-Inspired™ Hatha Yoga	All levels	Sandy	1140-A Main Ave
6:00PM-7:30PM	Hatha	Level 2	Sheryl	1485 Florida Rd
FRIDAY				
8:15AM-9:30AM	Friday Flow	All levels	Heather H	1140-A Main Ave
9:15AM-10:30AM	Yin/Yang Yoga	All levels	Erika	1485 Florida Rd
10AM-11:30AM	Yoga for Grief	All levels (no class 2/10)	Heather/Michele	1140-A Main Ave
12:00PM-1:15PM	Gentle Hatha	All levels	Lynn	1485 Florida Rd
12:00PM-1:00PM	Yoga Hour	Level 2	Michele	1140-A Main Ave
3:30PM-4:30PM	NEW! Community Family Yoga	All levels (by donation)	Katie	1140-A Main Ave
5:30PM-6:45PM	Candlelight Vinyasa Flow	All levels	Amber	1140-A Main Ave
5:30PM-7:00PM	Kundalini Community Yoga	All levels (by donation)	Daniel	1485 Florida Rd
SATURDAY				
8:30AM-10:00AM	Hot Vinyasa*	Level 2/3	Varies	1485 Florida Rd
11AM-12:30PM	Hatha	All levels	Varies	1485 Florida Rd
5:00PM-6:00PM	Community Yoga	All levels (by donation)	Varies	1140-A Main Ave

Visit our website yogadurango.com for updates, cancellations or substitutions.

* These classes are heated.

CLASS FEES

Class drop in: \$14
Student & Senior drop in:\$11

5 class package: \$60
Student & Senior 5 class package:\$50
(2 month expiration)

10 class package: \$110
Student & Senior 10 class package: \$90
(4 month expiration)

20 class package: \$200
Student & Senior* 20 class package: \$160
(6 month expiration)

1 month unlimited: \$120



MORE INFO

To reach one of our owner/directors:

Michele Lawrence: 970-946-8961
michelelawrence@yahoo.com

Sheryl McGourty: 970-769-6875
sheryl@yogaevolution.com

Our studio space is available to rent on an hourly basis for classes and events. Please contact us for rates and more information.

Punch cards are nonrefundable. They may be shared and/or transferred to a friend or family member. This does not apply to the Monthly Unlimited Card. Senior pricing applies to individuals 60 years or older.

DESCRIPTION OF LEVELS

ALL LEVELS: All levels. Modifications given to suit individual needs.

LEVEL 1: Beginners. Advanced are welcome to participate and work on basics.

LEVEL 2: Advanced beginner to intermediate. Basic knowledge of yoga asanas.

LEVEL 3: Advanced. Established knowledge of asana and sequence of postures.

For a complete listing of class descriptions, visit yogadurango.com.

ANNOUNCEMENTS AND EVENTS

New classes for February

Monday 4:30-5:30pm Hot Vinyasa (all levels) w/ Celeste (Florida Rd)
Thursday 8:00-9:30am Hot Vinyasa (level 2/3) w/ Celeste (Florida Rd)
Friday 3:30-4:30pm Community Family Yoga w/ Katie (Main)
Sunday 5:00-6:00pm Community Yoga w/ various teachers (Main)

Sundays, through February 19; 9:00-11:00am

Introducing the Ashtanga Primary Series 5-week class Workshop with Scott Fallows

Join Scott for a 5-week introduction to the Primary Series of the Ashtanga system. Ashtanga Vinyasa yoga is a dynamic and challenging form of hatha yoga. \$75 for 5-week series; \$20 drop in. **Location: Yogadurango on Main, 1140-A Main Ave, Durango CO**

Sunday, February 5; 11:00am-1:00pm ~ Pranayama 101 with Joy Kilpatrick

This exploratory and experiential class is for all those practitioners, whether new to Yoga or seasoned, who desire to learn more about their most intimate companion... their breath. The breath being a gateway to deeper understandings of health and vitality; stress reduction and joyful living as the Pranic current opens the heart to life. Cost: \$20. Information: contact Joy at 970-259-0990 or joy@wholisticfitness.com

Location: Florida Rd Studio, 1485 Florida Rd, C-201, Durango CO

Sunday, February 12th; 2:00-4:00pm ~ Partner Yoga Workshop with Celeste Greene & Brady Wilson

Come explore the delight of partner yoga with conscious breathing, movement, and interdependent teamwork. Bring someone or show up on your own for this fun filled, uplifting, and invigorating workshop.

YOU DO NOT HAVE TO HAVE A PARTNER TO JOIN US! Cost: \$15 per person.

Information: contact Celeste at 970-749-7052 or celeste.greene52@gmail.com

Location: Yogadurango on Main, 1140-A Main Ave, Durango CO

Sunday, February 12th; 4:00-5:30pm (and the 2nd Sunday of each month)

Michele's Bhakti Flow class will include the Sacred Sounds of Tibetan bowls, Crystal bowls and other instruments, played by Lisa Byrne.

Saturday, March 3rd; 10:00am-1:00pm

Marma Therapy Workshop with Mark Nasralla

Contact Michele for more info: yogadurango@gmail.com **Location: Yogadurango on Main, 1140-A Main Ave, Durango CO**

Tuesday, March 13th; 7:45pm

Informational Meeting about Yogadurango's 2012/2013 200-hour Yoga Teacher Training Program

Meeting held at Florida Rd Studio. Questions: yogadurango@gmail.com

April 13-15, 2012 – Spring Renewal Retreat with Sheryl & Michele

This retreat, held at the beautiful [Chipeta Sun Lodge and Spa](http://ChipetaSunLodge.com), will be an opportunity to cleanse and renew as we enter into the spring season. Investment: \$275 or earlybird price of \$250 by March 1st. Contact Michele at 970-946-8961 or email michelelawrence@yahoo.com

1485 Florida Rd., Bldg C, Ste 201, AND 1140-A Main Ave, Durango, CO 81301