

## class descriptions (continued)

### yin/yang yoga

Find the power of stillness in this active and passive yoga class. The yang practice is flowing, heat building and active. The yin practice is cooling and passive in nature, A combination of yin and yang postures along with pranayama exercises provide us the fertile soil needed to quiet the mind, energize the body and soothe the soul.

### root & grow

Use new tools and techniques to improve core strength, sharpen physical coordination and deepen focus. This class is designed to create balance and harmony in both the mental and physical body through postures, breath-work, and meditative focus. Improve your symmetry while increasing strength and flexibility. Gain a stronger sense of your external and internal center while becoming more fully present with what is.

### yoga 101

This class is a wonderful place to begin. It creates a strong foundation using the principles of alignment and approach to modifications for all levels. Whether a beginner, a seasoned practitioner, or working through a physical injury; relax, rejuvenate, and experience yourself in a new way.

### gentle yoga

A perfect class for older beginners. We will use chairs, blocks, bolsters and straps to assist in delving deeply into postures. Great for injuries as well.

### restorative yoga

Restorative Yoga places emphasis on aligned, supported, and held stretches. Poses are tailored to your individual body, supported with bolsters, blocks, blankets, and/or belts - then held for up to 2 to 5 minutes as you breathe and experience the effects of the pose on the body.

### active adults 55+

If you are over fifty and suffer from back pain, sore joints and want to stay in shape, you should consider Yoga. We work in small groups and provide individual attention. Come to class with comfortable clothing.

### prenatal

Yoga for the childbearing months, this class prepares a woman physically, mentally and emotionally for the natural process of childbirth.

### mommy and baby

This class is designed to help Mommy bond with her new baby, reconnect with her body, and enjoy and energetic yoga practice with other new mommies, in a warm and supportive environment.

### crawler to toddler

Join your wee little yogi to a free form, fun-filled class that includes creative movement, breath work, and song and dance. Little ones do yoga naturally, and by joining mommy in a healthy and creative yoga practice, lifelong positive fitness values are encouraged. Beginning yoga principles will be taught mixed with high-energy fun.

### yoga for kids

Classes for 4-6 and 7-10 year olds available. A playful way to introduce Yoga to children. Animal poses, imaginative games, storytelling, songs and relaxation will offer a creative and FUN way to stretch young bodies and young minds. This class provides dramatic, physical, emotional and mental development for kids of all ages and all physical levels.

# YOGANI STUDIOS

group and private yoga for all ages | massage



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# yoga is the perfect lifetime fitness program for the body and the mind

Physically, yoga is a blend of strength, flexibility and balance. Mentally, it trains the mind by increasing determination, concentration, patience and self-control. You learn to quiet the mind to become fully focused on precisely what the body is feeling.

Yoga practice works, sculpts and cleanses the body from the inside out, from the bones to the skin, benefiting every bodily system. It stretches and strengthens your muscles, ligaments and tendons, increasing circulation to your joints. It also works organs, glands and the nervous system. Improved breath, focus and strength will allow you to face new challenges in your practice and in daily life.

At Yogani Studios we have classes suitable for all ages and ability levels. No experience is necessary. You advance at your own pace.

## class prices

Single Classes	\$15
5 Classes	\$60*
10 Classes	\$110*
20 Classes	\$200**
Traveling Yogi -7 day Unlimited	\$50***
Yoga for Kids (4-10 yrs old)	\$10
Yoga for Kids 5 Classes	\$45
Monthly Unlimited	\$150
3 Months Unlimited	\$400
6 Months Unlimited	\$680
1 Year Unlimited	\$1200

Private Classes \$75/60 minutes \$100/90 minutes

Prices for Semi-Privates vary depending on the number of people. Inquire at the front desk.

\*expires 3 months from purchase date. \*\*expires 6 months from purchase date.

\*\*\*w/ out of state ID

Re-activation fee: for \$20 you may re-activate your current package if the time has expired before all classes were used.

Students receive 15% discount with valid I.D.

Military receives 10% discount with valid I.D.

No discounts on Unlimited packages

Please no sharing packages

Please visit our in studio boutique and web store for merchandise.

Gift Certificates for classes, private sessions, merchandise and massage available

Cash, Check and Credit Cards Accepted

## class descriptions

### bikram

A specifically designed series of 26 postures and two breathing exercises performed in a heated room to keep the muscles supple working the entire body inside and out, bones to the skin. Be prepared to cleanse your system and refresh your soul.

### hot flow

Great way to get warm and loosen up for your day! This class is designed to get deep into all the major joints and muscles through a series of gently flexing and extending asanas and will finish with deep spinal twists. Room is heated.

### yoga lunch hour

A one hour long vinyasa style class designed to enjoy during a standard lunch hour. Students will practice in a warm room while working deeply into all major joints, hips, and shoulders. A glorious closing sequence will leave students feeling more relaxed and rejuvenated as they move back out into the world to finish the rest of their day.

### ashtanga

A set sequence of asanas (postures) utilizing ujjayi pranayama (breath), drishti (gaze), and bandhas (locks). This is an invigorating and heat-producing practice that detoxifies the system, realigns the body and energizes the spirit. Building on intro to yoga, this class teaches the full primary series of the ashtanga vinyasa (flowing) system, adding seated forward bends, twists, and basic backbends.

### power yoga

Power Yoga is a unique combination of dynamic breathing and strong, flowing movement which creates a high-heat, high-energy workout that balances and heals the body, clarifies the mind and reconnects us with our spirit.

### flow yoga

This class integrates a deep connected breath with a fluid asana practice allowing us to step out of our heads and get grounded back into our spirits. Appropriate for all levels.

### prana flow

This class draws its roots from Shiva Rea's strong Prana Flow™ System. Each class is developed and sequenced to build you to a peak posture using classical alignment and deep foundations to ignite the Agni (internal fire) within you. Flowing postures and breath are woven together in stages to bring your postures to life with fluid body vinyasas, rhythmic vinyasas and heartfelt pulsations. Room temperature will be about 80-85°.

### power & grace

This class will emphasize the contemplative mind to enhance the quality and benefits of the sequence. Designed to spark your morning with Power, this class will ignite your core and open you to waves of grace will that stay with you all day.

### yoga lab

This class will act as a laboratory to explore the physical energy within each asana and show students what their bodies are capable of doing in any given pose. Creative sequencing and transitions combined with principles of alignment and breathing techniques offer an opportunity to experience a deeply rooted and dynamic practice.

### yogani community class

A wonderful way to begin your journey as a yoga student or to enjoy the richness of yogic principles and fundamentals from the perspective of the "beginner's mind". A Loving Kindness donation towards our Exalted Warrior Foundation will be graciously accepted.