

YOGANI STUDIOS | FALL - WINTER 2011

vinyasa & family yoga

monday		level
9:30-10:30am	mommy & baby	
9:30-11:00am	flow yoga	all
10:45-11:45am	crawler to toddler	
12:00-1:30pm	gentle yoga	all
5:45-7:15pm	power yoga	2/3
6:45-8:15pm	restorative yoga	all
7:30-9:00pm	prana flow	2/3
tuesday		
5:00-6:30pm	prana flow	2/3
6:45-8:15pm	flow yoga	all
7:00-8:30pm	prana flow	1/2
wednesday		
7:00-8:15am	forrest yoga	1/2
9:30-11:00am	flow yoga	all
12:00-1:30pm	power yoga	1/2
4:00-5:00pm	kids yoga	age 4-6
4:00-5:00pm	kids yoga	age 7-10
5:45-7:15pm	power yoga	all
6:45-8:15pm	community yoga**	all
7:30-9:00pm	yoga 101	all
thursday		
7:00-8:00am	willPower & grace®	all
10:00-11:30am	gentle yoga	all
5:00-6:30pm	flow yoga	all
6:45-8:15pm	prenatal	
7:00-8:30pm	power yoga	all
friday		
9:30-11:00am	flow yoga	all
12:00-1:30pm	power yoga	1/2
5:45-7:15pm	power yoga	1/2
saturday		
8:00-9:30am	yoga 101	all
10:00-11:30am	power yoga	2/3
10:00-11:30am	prenatal	
12:00-1:30pm	flow yoga	all
sunday		
12:00-1:30pm	vinyasa fusion	2/3
3:00-4:30am	yoga lab	all

hot yoga classes

monday		level
12:00-1:30pm	bikram yoga*	all
5:45-7:15pm	bikram yoga*	all
7:30-9:00pm	bikram yoga*	all
tuesday		
9:00-10:30am	hot flow*	1/2
12:00-1:00pm	yoga lunch hour*	all
5:45-7:15pm	bikram yoga*	all
7:30-9:00pm	bikram yoga*	all
wednesday		
12:00-1:00pm	hot flow*	2/3
5:45-7:15pm	bikram yoga*	all
7:30-9:00pm	bikram yoga*	all
thursday		
9:00-10:30am	hot flow*	1/2
12:00-1:00pm	yoga lunch hour*	all
5:45-7:15pm	bikram yoga*	all
7:30-9:00pm	bikram yoga*	all
friday		
12:00-1:30pm	bikram yoga*	all
5:45-7:15pm	bikram yoga*	all
saturday		
12:00-1:30pm	bikram yoga*	all
3:00-4:30pm	bikram yoga*	all
sunday		
9:00-10:30am	bikram yoga*	all
12:00-1:30pm	bikram yoga*	all

* hot yoga - room temperature between 98-105° F.

** class by donation only

all: This class is for absolutely anyone.

No experience or flexibility required.

1/2: This class will dive deep into all asanas with a moderate pace.

2/3: This class explores asanas with advanced variations. (6 months of practice recommended).