

Yoga Class Schedule – Winter 2009 - 2010



“In the hopes of reaching the moon men fail to see the flowers that blossom at their feet.”

~Albert Schweitzer~

Date/Time	Style	Level	Teacher	Date/Time	Style	Level	Teacher
<u>Monday</u>				<u>Thursday</u>			
9:15 am – 10:45 am	Hatha Focus	III	Adam	9:30am – 10:45am	Hatha Form	II	Jayne
11:00 am – 12:15 pm	Gentle Yoga	All	Allison	11:15am – 12:30pm	Gentle	All	Marcia
6:15pm – 7:30pm	Hatha Form	I / II	Nickie				
<u>Tuesday</u>				<u>Friday</u>			
9:30am – 10:45am	Hatha Form	II	Werner	7:00am – 8:15am	Kundalini	I / II	Scott
5:45pm – 7:00pm	Hatha Focus	II	Adam	9:15am – 10:45am	Hatha Focus	III	Nickie
				11:00am – 12:15pm	Hatha Form	I	Jayne
<u>Wednesday</u>				<u>Saturday</u>			
7:00am – 8:15am	Kundalini	I / II	Scott	8:15am – 9:30am	Hatha Focus	III	Nick
9:15am – 10:45am	Hatha Focus	III	Adam	9:45am – 11:00am	Hatha Form	I / II	Bruce
11:00 am – 12:15 pm	Gentle	All	Ruth Ann	11:30am – 12:45pm	Hatha Form	I / II	Bruce
6:15pm – 7:30pm	Hatha Focus	I / II	Werner				
				<u>Sunday</u>			
				9:30am – 11:00am	Anusara-Inspired	II	Sarah

~Please see reverse side for Class/Level Descriptions and Pricing~

Yoga Class Descriptions

Gentle Yoga

Breath awareness and postures suitable for all levels including those with chronic conditions or pain and for those with limited mobility. Chairs and props are available for support.

Anusara-Inspired Yoga

A heart-centered style which powerfully blends the Universal Principles of Alignment™ with an uplifting philosophy celebrating the uniqueness of students of all levels of ability and experience.

Kundalini

Kundalini yoga classes are a dynamic blend of postures, pranayam, mantra, music and meditation, which teach you the art of relaxation, self-healing and elevation. Balancing body and mind enables you to experience the clarity and beauty of your soul. No previous experience in yoga is required for you to achieve results with your very first class.

Hatha Focus

Classes have a weekly focus on a specific theme related to the practice and experience of Hatha Yoga. Each week will emphasize a particular posture, movement or philosophy. Classes are intelligently designed to draw the practitioner deeper into the understanding of the Art and Science of Yoga.

Hatha Form

Particular emphasis on alignment, sequencing, and breath awareness. The effort and attention is drawn to detail within the postures, which increases concentration and focus, helping to relieve the mind and body of stress. Props may be used to help students experience the postures more fully.

All Levels

Students of all levels and abilities can participate and enjoy these classes.

Level I

Focuses on basic classical yoga postures, alignment principles and breathing techniques. Newcomers to yoga should start here. Level I is also recommended for those who may wish to strengthen the foundation of their practice or who may simply want an ongoing practice that is in harmony with their level of ability.

Level II

Emphasis on deepening awareness of the body, and understanding of alignment principles. Should be able to perform the Sun Salutation series. Movements between postures are more fluid than in beginning level classes. Knowledge of the basic poses is assumed, with posture variations and breathing practices to help you deepen your experience.

Level III

For intermediate and advanced practitioners. A warm room and challenging class for those with an ongoing yoga practice. We will explore more challenging postures including: inversions, arm balances, back bends and deeper twists. Participants should already have a good understanding of proper bodily alignment and familiarity of modifications. No beginners please.

Non-Member Pricing

(Privates available upon request)

Single class: \$ 15

10-class package: \$ 135 (expires after 3 months)

*** Unlimited classes when you become a member of Highland Park Hospital Health and Fitness Center**