

May 2017

Yoga Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 <ul style="list-style-type: none"> 1:30 PM L 2/3 Vinyasa – Jasmine 5:30 PM Yin/Restorative – Jasmine 	1 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Woody 9:30 AM L 1 Gentle – Woody 5:30 PM L 1 Gentle – Linda 7:00 PM L 1 Vinyasa – Linda 	2 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Linda 9:00 AM AB 30 – Linda 9:30 AM L 1 Gentle – Amie Wade 11:00 AM Chair Yoga – Amie Wade 5:30 PM L 1 Gentle – Carolina 6:30 PM Pause 30 – Carolina 7:00 PM Yin/Restorative – 	3 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Carolina 9:00 AM AB 30 – Carolina 9:30 AM L 1 Gentle – Carolina 5:30 PM L 2/3 Vinyasa – Vonda Neal 7:00 PM Yin/Restorative – Vonda Neal 	4 <ul style="list-style-type: none"> 8:00 AM L 1 Vinyasa – Vonda Neal 9:30 AM L 1 Gentle – Nancy 11:00 AM Chair Yoga – Nancy 6:00 PM L 1/2 Vinyasa – Jasmine 	5 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Vonda Neal 9:30 AM Yin/Restorative – Alex Lemelin 5:30 PM L 1 Gentle – Loretta Kearns 7:00 PM L 1 Vinyasa – Loretta Kearns 	6 <ul style="list-style-type: none"> 7:30 AM L 1/2 Vinyasa – Woody 10:30 AM Community Yoga – Woody
7 <ul style="list-style-type: none"> 1:30 PM L 2/3 Vinyasa – Sandra Sherer 5:30 PM Yin/Restorative – Sandra Sherer 	8 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Woody 9:30 AM L 1 Gentle – Woody 5:30 PM L 1 Gentle – Linda 7:00 PM L 1 Vinyasa – Linda 	9 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Linda 9:00 AM AB 30 – Linda 9:30 AM L 1 Gentle – Amie Wade 11:00 AM Chair Yoga – Amie Wade 5:30 PM L 1 Gentle – Carolina 6:30 PM Pause 30 – Carolina 7:00 PM Yin/Restorative – 	10 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Carolina 9:00 AM AB 30 – Carolina 9:30 AM L 1 Gentle – Carolina 5:30 PM L 2/3 Vinyasa – Vonda Neal 7:00 PM Yin/Restorative – Vonda Neal 	11 <ul style="list-style-type: none"> 8:00 AM L 1 Vinyasa – Vonda Neal 9:30 AM L 1 Gentle – Nancy 11:00 AM Chair Yoga – Nancy 7:00 PM Transcendent Concert 	12 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Vonda Neal 9:30 AM Yin/Restorative – Alex Lemelin 5:30 PM L 1 Gentle – Loretta Kearns 7:00 PM L 1 Vinyasa – Loretta Kearns 	13 <ul style="list-style-type: none"> 7:30 AM L 1/2 Vinyasa – Woody 10:30 AM Community Yoga – Jasmine
14 Mother's Day <ul style="list-style-type: none"> 1:30 PM L 2/3 Vinyasa – Sandra Sherer 5:00 PM Bend & Brews 	15 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Woody 9:30 AM L 1 Gentle – Woody 5:30 PM L 1 Gentle – Linda 7:00 PM L 1 Vinyasa – Linda 	16 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Linda 9:00 AM AB 30 – Linda 9:30 AM L 1 Gentle – Amie Wade 11:00 AM Chair Yoga – Amie Wade 5:30 PM L 1 Gentle – Carolina 6:30 PM Pause 30 – Carolina 7:00 PM Yin/Restorative – 	17 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Carolina 9:00 AM AB 30 – Carolina 9:30 AM L 1 Gentle – Carolina 5:30 PM L 2/3 Vinyasa – Vonda Neal 7:00 PM Yin/Restorative – Vonda Neal 	18 <ul style="list-style-type: none"> 8:00 AM L 1 Vinyasa – Vonda Neal 9:30 AM L 1 Gentle – Nancy 11:00 AM Chair Yoga – Nancy 2:30 PM Movement Recovery – Alex Lemelin 6:00 PM L 1/2 Vinyasa – Jasmine 	19 <p style="text-align: center;">Closed beginning at noon on Friday, May 19th, all classes will resume on Monday, May 22nd.</p>	20
21 <p style="text-align: center;">No classes scheduled</p>	22 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Woody 9:30 AM L 1 Gentle – Woody 5:30 PM L 1 Gentle – Linda 7:00 PM L 1 Vinyasa – Linda 	23 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Linda 9:00 AM AB 30 – Linda 9:30 AM L 1 Gentle – Amie Wade 11:00 AM Chair Yoga – Amie Wade 5:30 PM L 1 Gentle – Carolina 6:30 PM Pause 30 – Carolina 7:00 PM Yin/Restorative – 	24 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Carolina 9:00 AM AB 30 – Carolina 9:30 AM L 1 Gentle – Carolina 5:30 PM L 2/3 Vinyasa – Vonda Neal 7:00 PM Yin/Restorative – Vonda Neal 	25 <ul style="list-style-type: none"> 8:00 AM L 1 Vinyasa – Vonda Neal 9:30 AM L 1 Gentle – Nancy 11:00 AM Chair Yoga – Nancy 2:30 PM Movement Recovery – Alex Lemelin 6:00 PM L 1/2 Vinyasa – Jasmine 	26 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Vonda Neal 9:30 AM Yin/Restorative – Alex Lemelin 5:30 PM L 1 Gentle – Loretta Kearns 7:00 PM L 1 Vinyasa – Loretta Kearns 	27 <ul style="list-style-type: none"> 7:30 AM L 1/2 Vinyasa – Woody 10:30 AM Community Yoga – Carolina
28 <p style="text-align: center;">No classes scheduled</p>	29 Memorial Day <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Woody 9:30 AM L 1 Gentle – Woody 5:30 PM L 1 Gentle – Linda 7:00 PM L 1 Vinyasa – Linda 	30 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Linda 9:00 AM AB 30 – Linda 9:30 AM L 1 Gentle – Amie Wade 11:00 AM Chair Yoga – Amie Wade 5:30 PM L 1 Gentle – Carolina 6:30 PM Pause 30 – Carolina 7:00 PM Yin/Restorative – 	31 <ul style="list-style-type: none"> 8:00 AM L 1/2 Vinyasa – Carolina 9:00 AM AB 30 – Carolina 9:30 AM L 1 Gentle – Carolina 5:30 PM L 2/3 Vinyasa – Vonda 7:00 PM Yin/Restorative – Vonda 	1	2	3

All classes are Vinyasa unless otherwise noted

***New to our studio?
We offer a New Student
Special for only
\$40 for 30 Days Unlimited***

- ▶ CHAIR YOGA ~ This 50 minute class is our most gentle class for those with a physical limitation from injury, recovering from surgery, or natural causes.
- ▶ YIN/RESTORATIVE ~ This 60 minute class is open to all levels - all poses are on the floor. Yin yoga poses are held for longer periods of time allowing access to the connective tissues of the hips, pelvis, and lower spine.
- ▶ LEVEL 1 GENTLE ~ This 60 minute session focuses on flexibility, stress relief and relaxation.

Perfect for those who prefer a more restorative and relaxing class. Suited for all levels; sequence does not necessarily flow from pose to pose.

- ▶ LEVEL 1 VINYASA ~ This 60 minute flowing class works at a moderate pace. Great way to dissolve tension. Open to all levels of practitioners with a focus on beginner cues and instruction.
- ▶ LEVEL 1/2 VINYASA ~ 60 minute class is an energetic practice that strengthens and tones the entire body. Slightly less instruction for those with at least a basic understanding of yoga poses and flows; moderately heated. Some inversions may be included.
- ▶ LEVEL 2/3 VINYASA ~ 60 to 75 minute class may be heated to 90+. More advanced practice, participants should have a good idea of asana poses and be prepared to move and find freedom! Inversion are likely to be present in this practice.
- ▶ MOVEMENT RECOVERY ~ 60 minute gentle vinyasa style class. This class begins with warming up from the inner core outwards, with subtle movements encompassing all skill levels and body types. Designed to help teach you what is and is not safe for your body. For those who are looking for more mobility and strength through movement and stretching, recovering from surgery and/or injury, or simply looking for a gentle healing class.
- ▶ AB 30 ~ Targeted to strengthen your core, come and join in on 30 minutes of abdominal work.
- ▶ PAUSE 30 ~ Give yourself the gift of the present. Join us for 30 minutes to use meditation, breathing, and stretching techniques to bring you back in the now. Yogis and beginners alike will experience the benefits to the mind and body through this class. Don't miss out on this blissful experience.

\$55 - Monthly Unlimited
\$35 - 5 Class Pass
\$8 - Unlimited Day Pass



True North Yoga

"In service to share love, compassion and healing to all."

Contact Us @ truenorthyoga1@gmail.com / 928-530-0425