

November 2017

Yoga Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda 7:00 PM L1 Vinyasa - Linda 	30 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Nancy 9:30 AM L1 Gentle - Nancy 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda 7:00 PM L1 Vinyasa - Linda 	31 Halloween <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Alex 8:00 AM L1/2 Vinyasa - Amie 9:30 AM L1 Gentle - Amie 9:30 AM L1 Gentle - Amie 11:00 AM Exploration of Movement - Amie 5:30 PM L1 Gentle - Woody 11:00 AM Exploration of Movement - Amie 5:30 PM L1 Gentle - Carolina 5:30 PM L1 Gentle - Carolina and 4 more... 	1 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda 	2 <ul style="list-style-type: none"> 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Exploration of Movement - Nancy 5:00 PM 200-Hour Teacher Training - Vonda 	3 <ul style="list-style-type: none"> 8:00 AM 200-Hour Teacher Training - Vonda 6:00 PM Module 4 - Self Myofascial Release - Dawn Aragon <p>Regular scheduled classes canceled beginning with the 6pm L1/2 Vinyasa on Thursday for Yoga In Service 200 Hour Teacher Training. Classes will resume Monday.</p>	4 <ul style="list-style-type: none"> 8:00 AM 200-Hour Teacher Training - Vonda
5 Daylight Saving Time ends <ul style="list-style-type: none"> 8:00 AM 200-Hour Teacher Training - Vonda 	6 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Nancy 9:30 AM L1 Gentle - Nancy 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda 7:00 PM L1 Vinyasa - Linda 	7 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Exploration of Movement - Amie 5:30 PM L1 Gentle - Woody 6:30 PM Pause 30 - Woody 7:00 PM Yin/Restorative - Woody 	8 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Woody 9:00 AM AB 30 - Woody 9:30 AM L1 Gentle - Woody 5:30 PM All Levels - Vonda 7:00 PM Yin/Restorative - Vonda 	9 <ul style="list-style-type: none"> 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Exploration of Movement - Nancy 6:00 PM All Levels - Jasmine 	10 Veterans Day observed <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Vonda 9:30 AM Yin/Restorative - Alex 5:30 PM L1 Gentle - Loretta 7:00 PM L1 Vinyasa - Loretta 	11 Veterans Day <ul style="list-style-type: none"> 7:30 AM L1/2 Vinyasa - Woody 10:30 AM Community Yoga - Loretta
12 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda 7:00 PM L1 Vinyasa - Linda 	13 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Exploration of Movement - Amie 5:30 PM L1 Gentle - Carolina 6:30 PM Pause 30 - Carolina 7:00 PM Yin/Restorative - 	14 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Exploration of Movement - Amie 5:30 PM L1 Gentle - Carolina 6:30 PM Pause 30 - Carolina 7:00 PM Yin/Restorative - 	15 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda 7:00 PM Yin/Restorative - Vonda 	16 <ul style="list-style-type: none"> 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Exploration of Movement - Nancy 6:00 PM All Levels - Jasmine 	17 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Vonda 9:30 AM Yin/Restorative - Alex 7:00 PM Sound Healing Concert 7:00 PM Diane Mandle Concert 	18 <ul style="list-style-type: none"> 7:30 AM L1/2 Vinyasa - Jasmine 10:30 AM Community Yoga - Alex
19 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Debra Sixta 9:30 AM L1 Gentle - Debra Sixta 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda 7:00 PM L1 Vinyasa - Linda 	20 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Exploration of Movement - Amie 5:30 PM L1 Gentle - Carolina 6:30 PM Pause 30 - Carolina 7:00 PM Yin/Restorative - 	21 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Exploration of Movement - Amie 5:30 PM L1 Gentle - Carolina 6:30 PM Pause 30 - Carolina 7:00 PM Yin/Restorative - 	22 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda 7:00 PM Yin/Restorative - Vonda 	23 Thanksgiving Day <ul style="list-style-type: none"> 10:00 AM Practice of Thanksgiving - Vonda 	24 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Vonda 9:30 AM Yin/Restorative - Alex 	25 <ul style="list-style-type: none"> 10:30 AM Community Yoga - Vonda
26 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Woody 9:30 AM L1 Gentle - Woody 4:00 PM L1 Vinyasa - Sandra 5:30 PM L1 Gentle - Linda 7:00 PM L1 Vinyasa - Linda 	27 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Exploration of Movement - Amie Wade 5:30 PM L1 Gentle - Carolina 6:30 PM Pause 30 - Carolina 7:00 PM Yin/Restorative - 	28 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Alex 9:30 AM L1 Gentle - Amie 11:00 AM Exploration of Movement - Amie Wade 5:30 PM L1 Gentle - Carolina 6:30 PM Pause 30 - Carolina 7:00 PM Yin/Restorative - 	29 <ul style="list-style-type: none"> 8:00 AM L1/2 Vinyasa - Carolina 9:00 AM AB 30 - Carolina 9:30 AM L1 Gentle - Carolina 5:30 PM All Levels - Vonda 7:00 PM Yin/Restorative - Vonda 	30 <ul style="list-style-type: none"> 8:00 AM L1 Vinyasa - Vonda 9:30 AM L1 Gentle - Nancy 11:00 AM Exploration of Movement - Nancy 6:00 PM L1/2 Vinyasa - Jasmine 	1	2

Contact Us @ truenorthyoga1@gmail.com

928-530-0425 or 928-715-0847

All classes are Vinyasa unless otherwise noted

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▶ EXPLORATION OF MOVEMENT ~ 50 to 60 minute class, beginning 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.

- ▶ YIN/RESTORATIVE ~ 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 ~ 60 minute class focusses 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.
- ▶ ALL LEVEL VINAYASA ~ 60 minute class may be heated to 90+, encompasses all levels of practitioners who have some basic knowledge of asana poses.
- ▶ LEVEL 1 VINAYASA ~ 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 VINAYASA ~ 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 VINAYASA ~ 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.
- ▶ 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.



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