



Monday

10:30 – 12:00 noon Ashtanga Yoga

6:30 -- 07:45 PM Yoga for Stiff men & women (Deep Stretch & Deep Relaxation). Robert

Tuesday

9:30 – 11:00 AM Upper Body (Strengthen & heal shoulders, arms, and hands with light weights)

11:15 -- 12:15 PM Private Yoga Therapy (Must make an appointment)

6:30 – 7:45 PM Hatha Yoga (More workout and Deep Relaxation).

Wednesday

9:30 – 11:00 AM Ashtanga Yoga

11:15 -- 12:15 Private Yoga Therapy (Must make an appointment)

Thursday

9:30 - 11:00 AM Hatha Yoga (Strengthen core power, legs and feet with ankle weights).

11:15 - 12:30 PM Private Yoga (Must make an appointment)

6:30 - 7:45 PM Gentle Hatha Yoga - deep stretching and deep relaxation!

Friday

9:30 -- 10:45 AM Hatha Yoga (Beginners Welcome!)

11:00 -- 12:00 noon Tibetan Yoga (Fountain of Youth Yoga).

Saturday

9:30 – 11:00 AM Hatha, Ashtanga, Core Power Yoga

Price			
	Class per week	Drop Ins	Unlimited/month
Hatha or Tibetan or Vinyasa Meditative Yoga Nidra	5 classes \$50	\$12	\$90
Ashtanga. Tue & Thur. 9:30AM or Saturday (classes are 90 minutes)	5 classes \$60	\$15	\$90
Private Yoga Semi Private	\$60 per hour \$75 per hour	Make appointment.	

Free meditation on 2nd & last Wednesdays of each month at 6:30PM !!!!!

Every class includes back therapy!

“Hatha Yoga - Gentle Yoga - Focus on Healing” (Beginners Welcome)

Yogasana includes recharging the eyes - ocular muscles, neck, ankles and feet, increase circulation of blood, enhance immune system. Improve your balance. Back and shoulder therapy, hips, ligaments, I.T. band and loosen the tight joints & much more! Sleep better and catch fewer colds. Deep relaxation.

“Ashtanga Yoga” (Athletes – Quicker recovery time)

Great for athletes – Bikers, Runners, Golfers, Skiers, Snowboarders or anyone who enjoys faster pace than Hatha Yoga to stretch the tightness out of their body and build core strength in the back, abdomen, shoulders, knees and joints. Challenging Yoga - maximum stretch and strength. Plus Deep relaxation.

“Yoga for Cyclist and Runners”

Cyclists and runners tend to have tight muscles of legs - hamstring, quads, adductors, abductors, gastrocnemius, gluts, ankles, feet, tight joints, groin, back, neck and shoulders. Yoga brings greater flexibility to these areas so that you can have more fluid pedal stroke or gait and also improve strength, endurance and speed, as well as mental focus. Chest expansion to prevent kyphosis. Learn to de-stress with deep relaxation for quicker recovery time!!!

Tuesday 9:30 AM Yoga with light weights for Upper Body Strength & Healing (Beginners Welcome)

This yoga class is designed towards Healing and Preventative measures against injuries of rotator cuffs, tennis and golfers elbow, carpal tunnel syndrome, lessen arthritic symptoms of hands and fingers. In each hand there are 27 bones, 40 tendons, 20 muscles, 123 ligaments, 3 major nerves that branches out into 24 sensory nerves & 21 muscular nerves. Also included are recharging of eyes, neck, shoulders, & back. These exercises have stopped my arms from falling asleep at night !!!

Thursday 9:30AM Yoga for lower extremity STRENGTHEN & HEAL the hips, hip flexors, knees and feet with ankle weights. (Beginners are welcome) Class begins with yoga asanas then specializes in strengthening all the major muscle groups of the legs, knees and feet with ankle weights. Hip flexor muscles, Iliotibial Band or IT-band and sciatic nerve. We also exercise to strengthen our feet. In each foot there are 26 bones, 33 joints, 107 ligaments and 19 muscles. My Feet and Leg pain disappeared!!!

“Tibetan Yoga” (Fountain of Youth Yoga)

"Tibetan Yoga is an incredible and powerful program. It turns back the clock. It increases energy, mental clarity and focus. It reduces stress, and improves strength and flexibility. It is capable of restoring your passion and zest for life if you let it." John Gray author of "Men are from Mars, Women are from Venus"

“Gentle Yoga for stiff men only” with Robert Reinert (Beginners are Welcome!)

This class is designed for men who are new to yoga and would feel self-conscious in a mixed class. Gain greater flexibility and strength in the joints and lengthen the muscles, and strengthen the back. Learn deep relaxation and meditation that takes away all stress and brings peace and clarity of the mind.

"Meditation": 2nd Wednesday of each month. (Free for all)

Deeply enhance your life with Samatha Meditation and Buddhist philosophy taught in a series of techniques to quiet the mind and bring about single minded concentration. Mindfulness of breathing is a starting point before learning to combine it with the practice of Vipashyana (special insight). **Steve Ring**

"Meditation": Last Wednesday of each month. (Free for all)

Discover the peace, happiness and well being that are within you. Learn the ancient practice of Jangama Dhyana. "Meditate and know your True Self." Teachings of Shiva Rudra Balayogi, a meditation master from the Himalayas of India. **Terry Sehy**

“Yoga Therapy” Get relief from aches and pain. Private one on one or Semi Private.

This is taken as an individual consultation to resolve problematic issues. Asthma, Depression, Restless leg syndrome (RLS), Back problems, Carpal Tunnel, Plantar fasciitis, Elbows, Knees, Shoulders, Stress, Joint Pain, Swelling-edema. Menopause: How to free yourself with hot flashes. Sleep disorder, Neck and Shoulder injury. Private one on one or semi private. Also to accomplish certain advance Yoga poses.