

Yoga schedule

Spring 2012

(530) 345-9427 Nonmembers: 10-class series \$75

More information: nwiegman@chicosportsclub.com

Class Descriptions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Yoga Yoga for ages 4-8 Chair Yoga A gentle yoga class done sitting in a chair or standing beside the chair. Gentle Yoga Breath awareness, stretching, strengthening, and relaxation for seniors, people recovering from injury, or anyone preferring a slower pace. Level 1 A class for those new to yoga and continuing beginners. Levels 1-3 A class of mixed levels of difficulty from beginning to advanced. Vinyasa Yoga A flowing style of linked postures. Ashtanga (osh-TONG-uh) A challenging workout, consisting of a fixed sequence of postures linked by rhythmic breathing. Mysore Style Ashtanga The student practices at own pace with assistance from a teacher. Iyengar (eye-YEN-gar) Yoga Hatha yoga in the style of B.K.S. Iyengar, known for precise attention to alignment and detail. Restorative Yoga Deep relaxation using props. Meditation A practice of focused attention for health and well-being. Yoga for a Healthy Back A fee class offered two Saturdays a month 12-1:30pm.	6:00-6:55 am Levels 1-3 Amy 7:00-7:55 am Levels 1-3 Nancy 8:00-8:55 am Levels 1-3 Nancy 10:00-10:55 am Chair Yoga Nancy 11:00-11:55 am Gentle Yoga Amaera 12:00-1:00 pm Levels 1-3 Amaera 4:00-5:20 pm Restorative Cynthia 5:30-6:25 pm Level 1-3 Rex 6:30-8:00 pm Vinyasa 2-3 Patty	6:00-7:00 am Intro to Ashtanga Lisa 6:00-7:30 am Ashtanga Mysore Style Lisa 8:00-8:55 am Vinyasa 1-3 Patty 10:00-10:55 am Gentle Yoga Nancy 11:00-11:30 am Meditation 11:30-11:55 am Meditation (cont) Marc 12:00-1 pm Levels 1-3 Nancy 3:30-4:15pm Youth Yoga 4:20-5:20 pm Gentle Yoga Tom 5:30-6:25 pm Iyengar 1-2 Tom 6:30-8:00 pm Iyengar 2-4 Tom	6:00-6:55 am Gentle Yoga Amy 7:30-8:55 am Iyengar 1-3 Tom 10:00-10:55 am Chair Yoga Cynthia 11:00-11:55 am Gentle Yoga Tom 12:00-1:30 pm Iyengar 1-3 Tom 4:20-5:20 pm Levels 1-2 Amaera 5:30-6:25 pm Levels 1-3 Rex 6:30-8:00 pm Vinyasa 2-3 Patty	6:00-7:00 am Intro to Ashtanga Nancy 7:00-7:55 am Ashtanga Mysore Style Nancy 8:00-8:55 am Vinyasa 1-3 Patty 10:00-10:55am Gentle Yoga Nancy 11:00-11:30 am Meditation Nancy 12:00-1:00 pm Levels 1-3 Jewls 4:20-5:20 pm Intro to Iyengar Tom 5:30-6:55 pm Iyengar 1-3 Tom	6:00-6:55 am Levels 1-3 Amy 7:00-7:55 am Levels 1-3 Nancy 8:00-8:55 am Levels 1-3 Maureen 9:15-9:45am Children's Yoga Maureen 10:00-10:55am Gentle Yoga Nancy 11:00-11:55 am Restorative Cynthia 12:00-1:00 pm Levels 1-3 Rex 5:30-6:25 pm Level 1 Sarah	6:25-7:55 am Ashtanga Nancy 8:00-8:55 am Levels 1-3 Rex 9:00-9:55 am Gentle Yoga Nancy 10:00-11:30 am Level 1-3 Jon/Tom 12:00-1:30 pm workshop (see bulletin board) Sunday 8:30-9:00 am chanting OM 9:00-9:55 am Meditation Marc 10:00-11:00 am Level 1-3 Amaera 4:00-4:55 pm Gentle Yoga Amaera 4:00-5:15 pm Ashtanga Prep (in Group Ex Room) Chris 5:00-6:30 pm (last Sun of month) Restorative Maureen