



ONE FREE WEEK of Unlimited Yoga

Valid only for new students.

*This offer extended to new students and residents of Mesa County. Unlimited classes over a consecutive seven-day period only. Offer expires DEC 30, 2015. Schedule subject to change. Please check Grand Valley Climbing for updates



ॐ YOGA CLASS SCHEDULE ॐ

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
9:00-10:00am Stretch & Tone Monica	9:00-10:00am All Levels Monica	9:00-10:00am All Levels Monica	9:00-10:00am All Levels Monica	9:00-10:00am Stretch & Tone Monica	8:45-10am Level 2 & 3 Monica	8:45-11:15am Deepen your Practice \$35 Nov. 8 Dec. 6
	2:30-3:45pm All levels Monica		2:30-3:45pm All levels Monica		10:15-11:15am Beginners & Level 1 Monica	10:00-11:30am Kundalini Tanya Nov.29 Dec.27
4:00-5:00pm All levels AL		4:00-5:00pm Yoga-Pilates Jes	4:00-4:55pm All Levels AL			3:00-4:30 Psychology of Chakras \$10 Nov. 8 Dec.6
5:30-6:30pm Restorative Lydia	5:00-5:55 Iyengar Hatha Monica	5:15-5:45pm Acro-Conditioning Jes	5:00-5:55 Iyengar Hatha Monica	5:30-6:30pm Restorative Monica		5:00-5:55pm Community Yoga Instructor rotates \$5
7:00-8:00 pm Aerial* Lydia \$10 for members	6:00-7:00 pm All levels Michelle	6:00-7:00pm AcroYoga Jes	6:15-7:30 pm Ashtanga Jes Closed (11/26) Thanksgiving & Christmas (12/25)			6:00-8:00pm AcroJam Self-taught, partner meet-up

FEES

Drop in Yoga Class:
\$15
*Aerial Yoga:
Members: \$10
AcroJam:
\$5

Monthly Membership
\$50/month
Initiation Fee:
\$30
Suspension:
\$5/month
Private Therapy:
\$80/ hr or \$240 for 4 pre-paid classes

CLASS DESCRIPTIONS:

Beginners

In this class, we focus on the spinal column and the nervous system. We work in a passive way that affects the tissues on a deep level. People with all levels of ability will find this class relaxing and rejuvenating. If you have any therapeutic issues please see "Private Therapy" below.

Level 1

Basic instruction in the fundamentals of postural alignment and breathing for continuing beginning students. Basic standing poses, forward bends, back flexibility, twists, hip openers and other basics are introduced and practiced with close attention to correct alignment.

Level 2

This class introduces more challenging poses and offers students the opportunity to explore yoga as a discipline involving the conscious balance integration of mind, body, breath and spirit. This class offers expanded study of inversions and back flexibility. Students should have prior Level 1 experience.

Level 3

Advanced asanas and pranayama are introduced for students developing a home practice from a solid working knowledge of postures. Students should be proficient with inversions and be interested in doing deep, challenging and transforming work.

Yoga Pilates

This class is a blend of vinyasa style yoga and core strengthening exercises. The focus will be on building core strength using traditional pilates, core training poses, and increasing balance and flexibility through a dynamic flow of yoga poses. Each class will begin with sun salutations to warm up the body followed by a series of standing and seated yoga postures designed to increase core strength and flexibility. Pilates poses and other core strengthening exercises will be incorporated throughout the class.

Acro-Conditioning

This class is designed to be a fast-paced strength building experience that will include partner exercises, core training, upper body exercises, and inversion and arm balancing techniques. You will learn a variety of solo and partner exercises each week and will fine tune training within your own body as we work through these exercises in a circuit. You can expect to have fun, be challenged, and learn to work with others to increase your own body awareness and strength in this 30 minute conditioning class.

AcroYoga

Acro Yoga is a dynamic partner practice that blends together yoga, acrobatics, and healing arts. Each class will begin with a vinyasa yoga warm-up followed by partner acrobatic poses and transitions. You can expect to have fun and be challenged as you learn the basics of flying, basing, and spotting! No experience or partner is necessary to attend.

Ashtanga

This class will be a vinyasa-style yoga experience, based in the Ashtanga tradition, which infuses movement and breath together from beginning to end. Gentle warm-up poses and sun salutations will start off the class with standing and balancing poses to follow. Core strengthening and toning exercises will be infused throughout the class and seated poses followed by savasana will conclude each class. This will be a vigorous class sure to challenge you and will regularly include arm balances and inversions.

Private Therapy

This class is designed as a private session that focuses on your needs and specific issues, such as knee replacement, shoulder and/or neck problems, sciatica, spinal fusion, back pain, insomnia, and migraines; please let us know what we can help you with. We will tailor this class to meet your needs and/or prepare you for the Beginners class.

YOGA-TO-GO

The Academy of Yoga provides private yoga instruction at your place of business, or at your home. You can also schedule yoga for your business at the studio if no space is available at your office.

Guidelines to enhance your yoga practice:

Students may attend on a Single Class basis – for progress you are encouraged to **attend 2 times per week**. Wear comfortable **non-restricting** clothing. It helps to practice on an **empty stomach**. Always let your teacher know of any **health problems/changes**. A **Health Questionnaire** must be completed before attending your first class. We appreciate your feedback on how to improve.

WORKSHOPS & SPECIALTY CLASSES PLEASE RSVP