

A Gentle Way Yoga Center - 2016 - April Schedule

New and Long-Time Students - Please Review our Below Policies Before Attending Classes - Thank You!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 - 9:30 DEEPER-TRADITIONAL Diane (L)	7:00-8:15 GENTLE-MODERATE Nori	7:00-8:00 MODERATE Sean (L)	7:00-8:15 GENTLE-MODERATE Nori		7:40 to 7:55am Silent group meditation FREE!	
10:00 - 11 :30 GENTLE-MODERATE Kristin (L)	9:00 - 10:00 MODERATE Sean (L)	9:00-10:00 MILD-MODERATE Kristin (L)	8:30 - 9:30 DEEPER-TRADITIONAL Diane (L)	8:30 - 9:45 MODERATE Sean (L)	8:00 - 9:15 MODERATE-ACTIVE Marguerite (L)	8:30 - 9:45 ACTIVE FLOW Stacey (L)
10:30-12:00 GENTLE Nori (A)	10:30 - 12:00 GENTLE Nori (L)	10:30 - 11:45 MODERATE-ACTIVE Diane (L)	10:30 - 12:00 GENTLE Nori (L)	10:00 - 11 :30 GENTLE-MODERATE MIMSY - Lanita (L)	9:45 - 11:00 MILD-MODERATE Marguerite (L)	10:30 - 12:00 GENTLE Carolyn (A)
12:15 - 1:15 MODERATE Diane (L)	11:00-12:00 CHAIR YOGA Seniors & Limited Bodies Carolyn (A)	10:30-11:45 GENTLE-MODERATE Kristin (A)	12:15 - 1:15 MODERATE Diane (L)	12:30-1:45 RESTORATIVE Kristin	11:30 - 12:45 ACTIVE Sean (L)	10:30 - 12:30 BREATH, ASANA, MEDITATION GENTLE-TRADITIONAL Lanita (L)
4:30-6:00 GENTLE-RESTORATIVE MIX Lanita (L)	4:00-5:00 MODERATE Sean (L)	4:30-6:00 RESTORATIVE & TRADITIONAL Mary Jo (L)	5:00-6:15 MILD-MODERATE Mary Jo		Teacher Training April 9-10th	
5:30-6:30 ACTIVE Sean (A)	5:45-7:00 GENTLE Cheryl (A)		5:30-6:30 SLOW FLOW Kristin	5:30-6:30 ADVANCED ASANA Sean		
	6:00 - 7:00 MODERATE-ACTIVE Amy (L)	6:30-7:45 MODERATE Lanita (L)		6:45-8:00 GENTLE Cheryl (A)		Yoga For Recovery April 10 & 14 th 2:00-4:00 pm
7:00-8:00 MODERATE Sean	7:30-8:45 GENTLE Amy (L)		7:00-8:00 MODERATE Kristin (L)		Newcomers' Workshop April 30 th 3:00-5:00 pm	

Reservations are suggested, but not required. All students are asked to be signed in 10 minutes before class, and set-up in the yoga room 5-minutes before class begins.

[New students - please arrive 15-20-minutes before class time to speak with the teacher and complete registration.](#)

Yoga Etiquette: Practice yoga on an empty stomach. Turn off phones when entering Center, and leave in hall cubbys. Enter yoga room with a clean, non-scented body, no perfumes, scented lotions, or aftershaves. Take off jewelry and watches. No shoes in our sacred yoga spaces. Please wash your feet with the baby wipes provided before entering yoga room. Put all props away neatly. Thank you!

Why We Suggest and Love Reservations:

We are a small yoga studio with 2 small yoga rooms. Reservations and being on time is important. This helps our teachers know who is attending so that they may prepare the room properly, and begin to customize classes for individual needs. All reservations require prepayment and check-in 10-minutes before start time to guarantee your space. Walk-ins are welcome when space is available.

Reservation Policy & Cancellation Fee: Reservations may be cancelled by phone or email up to 1-hour before class start time without fees. No-shows and un-cancelled reservations will be charged for 1 class. Students on unlimited packages will be charged \$12 if your uncanceled reservation prevented someone else from signing into a class.

Parking: Allow ample time to find parking and arrive early to your class and set up. Extra parking is available on the street.. Do not park in spots marked for Leslie's Pool Supply, and not park at the Bank or in Beauty Salon spots unless the business is closed for the day.

Welcome to our Center!



Our Styles of Yoga Classes - Turn Over for Weekly Class Schedule

Each of the styles of yoga listed below are an important part of a well-balanced yoga practice.

Try a variety of these different styles throughout the month for your best yoga results. Pick a *home* class to support you in achieving your goals.

BLUE - Traditional Asana & Deep Stretching Techniques

Level 1 - MILD/MODERATE - New to yoga? Inflexible body? Back challenges? Larger or older body? Learn how to practice safely with needed props or modifications.

A variety of lying down, seated, and standing poses. In these classes you do not need to be on your hands and knees.

Level 2 - MODERATE - Learn a wide variety of traditional asana safely. Move slowly and safely through poses. A variety of lying down, seated, and standing poses.

You will be asked to be on your hands and knees for short periods of time.

Level 3 - MODERATE/ACTIVE - More standing, balance or hands-and-knees movements. Faster movement, or longer held poses. Practice at your pace with your own modifications.

GOLD-BROWN – Yoga For Bodies That Want More Movement or Flow

Yoga for the fit - keeping fit. Sometimes faster, sometimes deeper or more advanced pose. Iyengar, Ashtanga, or Flow Styles that warm, awaken and strengthen.

Please make sure you can easily do Level 3 BLUE classes first. Bring a small towel and be prepared to sweat.

Specialty Styles

PINK - Yoga for Gentle Stretch, Deep Stress Relief & Healing (MIMSY-Level 1)

VERY GENTLE Soft, safe yoga. Stretch, heal, repair and restore the body. Breath and mindfulness practices. Each teacher will customize class based on students who attend. Most classes will begin (or stay) lying on the floor. You will not have to be on your hands and knees. Yoga for your back, neck, hips, spine, joints and mind.

PURPLE - Yoga For Your Back, Hips, Spine and Mind (MIMSY Level 2)

GENTLE-TRADITIONAL Our special MIMSY - Meditation in Movement Style.

Working from the floor up, we practice safe, deceptively deep stretches and asanas that release pain, hidden tension and strengthen the inner core.

Sunday Class - Intro to yoga ethics, philosophy, breath, chant, chakras and meditation practices. Must be able to be on hands and knees for small periods.

GREEN - Restorative Yoga for Slow, Deep Awakening & Healing (Deeper-Advanced)

SLOW-DEEP Prop supported poses held for 2-15 minutes. Deep opening, but very relaxing and healing when pose is customized properly for your body. Focus: breath, mindfulness and meditation. Start with: Level 1 - RESTORATIVE-GENTLE Level 2 - RESTORATIVE-TRADITIONAL

CHAIR YOGA - JOYFUL MOVEMENT CLASSES - Perfect for limited mobility

Designed for bodies that have a challenge moving or cannot get down to the floor. A variety of seated and wall or chair supported movements including yoga, Qi Gong, breathing and mindfulness meditation techniques to renew movement, build strength and relax the body.

More information about prices, private sessions, teacher training, and specialty classes are on our website at www.agentleway.com