

SUPERNOVA  **POWER YOGA** *June 2017*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Gentle Yoga 8:30-9:30
Easy Beginners 10-11:15	Power Yoga Basics 10-11:15		Power Yoga with Deep Relaxation 10-11:30		<i>new!</i> Unheated Power Yoga 10-11:15	Power Yoga Basics 10-11:15
Power Yoga with Deep Relaxation 11:30-1pm	Power Yoga 12-12:45		Power Yoga 12-12:45		Power Yoga 12-12:45	Restorative Flow with Deep Relaxation 11:30-12:30
		Power Yoga Basics 4-5	Easy Beginners with Deep Relaxation 4:30-5:30	Power Yoga 4:30-5:30	Easy Beginners 4:30-5:30	
	Power Yoga Basics 4:30-5:30				Community Class Power Yoga Basics 5:45-6:45	
	<i>new!</i> Unheated Power Yoga 5:45-6:45	Power Yoga 5:45-6:45	Power Yoga Basics 5:45-7	Easy Beginners 5:45-6:45		
	<i>new!</i> Easy Beginners 7-8	Easy Beginners 7-8	Power Yoga 7:15-8:15	Candlelight Restorative Flow 7-8		

Class Descriptions

Easy Beginners

For brand new beginners or anybody looking for a slow-paced & gentle yoga class. Not hard and not hot! Room temperature.

Gentle Yoga

Low impact postures: seated, standing, and restorative. No prior yoga experience necessary. Held at room temperature.

Power Yoga Basics

A slower version of our Power Yoga class, we introduce the basics of power yoga, including moving from one pose to the next in a warm room.

Restorative Flow

A slower vinyasa flow class incorporating restorative postures practiced in a warm room.

Unheated Power Yoga

Power yoga without the heat!

Power Yoga

Our most challenging class, this Baptiste-style power yoga class links breath and movement to increase flexibility and strength. Full heat.

“with Deep Relaxation”

These classes end with a longer savasana with soothing lavender towels placed over your eyes for a very relaxing experience.

Meditation

Learn the basics of meditation and enjoy a short, guided meditation.

Events

Partner Yoga Workshop

Saturday, June 17th 1-3pm

Bring a friend or your partner and learn exercises to stretch together using breath and movement. For all levels.

Special Event: Yoga & Stargazing

Friday, July 28th (SOLD OUT) & Sunday, August 13th

Join us for a beginner's yoga class followed by snacks and stargazing at Deep Sky Eye observatory in Quinan! For details visit our website. COST: \$50/pp*not included w/unlimited packs

OUTDOOR YOGA

Beginning mid-June, weather-permitting

Schedule will change weekly—check our website! Check in at studio first before proceeding to waterfront location.

supernovapoweryoga.com