

SUPERNOVA  **POWER YOGA** *October 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		Restorative Flow 10-11		Unheated Power Yoga 10-11:15	Power Yoga Basics 10-11:15
Power Yoga w/ Lavender Towels 11:30-1pm* <i>*Cancelled October 22nd for Intermediate Power Yoga Class*</i>	Power Yoga 12-12:45		Power Yoga 12-12:45		Power Yoga 12-12:45	Restorative Flow w/ Lavender Towels 11:30-12:30
	Power Yoga Basics 4:30-5:30	Power Yoga Basics 4:30-5:30	Easy Beginners 4:30-5:30	Power Yoga 4:30-5:30	Easy Beginners 4:30-5:30	
	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		
	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 Lavender Towels”

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

Yoga Nidra: Sunday, October 15th 7-8:15pm

Yoga nidra is a state of consciousness between waking and sleeping, like the “going-to-sleep” stage. It is a state in which the body is completely relaxed, and the practitioner becomes increasingly aware of the inner world by following a set of verbal instructions. It is among the deepest possible states of relaxation while still maintaining full consciousness!

Intermediate Power Yoga Class: Sunday, October 22nd, 2-4pm

This 2-hour Intermediate Level Baptiste Power Vinyasa Yoga Class will bring the heat, inside and out. We'll focus special attention to core, breath, flow, and hold some poses longer than usual. Bring a towel for your mat.