



**SUPERNOVA**

**POWER YOGA**

# February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Gentle Yoga</b> //Joe 8:30-9:30
<b>Easy Beginners</b> //Kate 10-11:15	<b>Power Yoga Basics</b> //Nancy 10-11:15		<b>Restorative Flow</b> //Kate 10-11		<b>Unheated Power Yoga</b> //Joe 10-11	<b>Power Yoga Basics</b> //Joe 10-11:15
<b>Power Yoga</b> //Kate w/ Lavender Towels 11:30-1* <i>* Class cancelled on February 18th for 1pm Inversions Workshop</i>	<b>Power Yoga</b> //Nancy 12-12:45		<b>Power Yoga</b> //Kate 12-12:45		<b>Power Yoga</b> //Joe 12-12:45	<b>Restorative Flow</b> //Joe 11:30-12:30
	<b>Power Yoga Basics</b> //Joe 4:30-5:30	<b>Power Yoga Basics</b> //Joe 4:30-5:30	<b>Easy Beginners</b> //Kate 4:30-5:30	<b>Power Yoga</b> //Kate 4:30-5:30	<b>Easy Beginners</b> //Joe 4:30-5:30	
<b>Unheated Power Yoga</b> //Joe 5:45-6:45	<b>Power Yoga</b> //Joe 5:45-6:45	<b>Power Yoga Basics</b> //April 5:45-7	<b>Power Yoga Basics</b> //April 5:45-7	<b>Easy Beginners</b> //Kate 5:45-6:45	<b>Vinyasa Flow</b> //Nicole 5:45-6:45	
<b>Easy Beginners</b> //Joe 7-8	<b>Easy Beginners</b> //Joe 7-8	<b>Power Yoga</b> //April 7:15-8:15	<b>Power Yoga</b> //April 7:15-8:15	<b>Candlelight Restorative Flow</b> //Kate 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.

### Vinyasa Flow

Connect postures with breath in a warm room. This class will be a little bit different every week.

### Unheated Power Yoga

Power yoga not heated.

### Power Yoga

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

## Events

### 2 Men's Yoga Workshops: Saturday, February 10th

Men's Beginner-level Yoga Workshop: 1-2pm

Men's Power Yoga Workshop: 2:30-3:30pm

### Inversions: Build a Strong Foundation • Sunday, February 18<sup>th</sup> 1-2:30pm

We'll open up the workshop with a yoga practice and....

- Do exercises to build strength and confidence in going upside down
- Understand the alignment, foundation and action for tripod headstand and handstand
- Practice bringing playfulness to your inversion experience!

[supernovapoweryoga.com](http://supernovapoweryoga.com)

\*\* Please note: Instructor subject to change last minute

\*\* Event Costs: INCLUDED with Unlimited Memberships / Use a Class Card or Drop in for \$12