

SUPERNOVA  POWER YOGA *April 2018*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						Gentle Yoga //Joe or Nicole 8:30-9:30
Easy Beginners //Kate 10-11:15	Power Yoga Basics //Nancy 10-11:15		Restorative Flow //Kate 10-11		Unheated Power Yoga //Joe 10-11	Power Yoga Basics //Joe 10-11:15
Power Yoga //Kate 11:30-1	Power Yoga //Nancy 12-12:45		Power Yoga //Kate 12-12:45		Power Yoga //Joe 12-12:45	Restorative Flow //Joe 11:30-12:30
	Power Yoga Basics //Joe 4:30-5:30	Power Yoga Basics //Joe 4:30-5:30	Easy Beginners //Kate 4:30-5:30	Power Yoga //Kate 4:30-5:30	Easy Beginners //Joe 4:30-5:30	
Unheated Power Yoga //Joe 5:45-6:45	Power Yoga //Joe 5:45-6:45	Power Yoga Basics //April 5:45-7	Power Yoga Basics //April 5:45-7	Easy Beginners* //Kate 5:45-6:45	Vinyasa Flow //Nicole 5:45-6:45	
Easy Beginners //Joe 7-8	Easy Beginners //Joe 7-8	Power Yoga //April 7:15-8:15	Power Yoga //April 7:15-8:15	Candlelight Restorative Flow* //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.

supernovapoweryoga.com

** Please note: Instructor subject to change last minute

* **Class cancelled** on April 26th. Join us for Essential Oil Yoga Class instead! Sign-up required.

Events

Groove & Flow: All Levels

Saturday, April 14th 7:30-8:30pm

Join Joe for an all-levels (beginner-friendly) Groove & Flow yoga practice set to music and lights that shift to the beat!

Goal Setting Workshop: Set Your Drishti Off the Mat

Sunday, April 22nd, 1:30-3pm

In yoga practice, setting your physical gaze to one point bring focus, balance, and stability. Join Kate for this workshop to get clear on what matters most to you, and understand how to set goals that are actually achievable!

Essential Oil Yoga Class with DoTerra Oils

Thursday, April 26th: Beginners @ 5:45pm & Power Yoga @ 7:15pm—SIGN-UP REQ/SPACE LIMITED to 15 people/class

Do you LOVE essential oils? Join Kate from Supernova and Kait Smith, a DoTerra Wellness Advocate who is certified in AromaTouch® technique, for this class with essential oils. It is important to be ok with scents and gentle massage to participate. To sign up email info@supernovapoweryoga.com.