

SUPERNOVA  POWER YOGA **May 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>Gentle Yoga</b> //Joe or Nicole 8:30-9:30
<b>Easy Beginners</b> //Kate 10-11:15	<b>Power Yoga Basics</b> //Joe 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 11:30-1	<b>Power Yoga</b> //Joe 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>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>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.

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

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

**Events**

**Groove & Flow: 80's Night!**

**Saturday, May 12th 7:00-8:00pm**

Join Nancy for a special 80's themed Groove & Flow yoga practice set to music and lights that shift to the beat! Power Yoga Basics level class.

Cost: \$12 drop in or use any class package to attend

**5-Week Meditation Course with Joe**

**Wednesdays May 16th-June 13th • 6:00-7:15pm**

**Cost: \$60/\$48 for Unlimited Members (20% off)**

Join Joe for a 5-week meditation course where you'll learn about meditation and how to build meditation practice. Bring a cushion, journal, pen and a yoga mat if you have one. This class will meet upstairs via the 348 Main Street entrance. \$20 deposit is required to hold your spot and can be paid in studio or via paypal to [info@supernovapoweryoga.com](mailto:info@supernovapoweryoga.com) (we do not accept e-transfers).