

SUPERNOVA  POWER YOGA **October 2018**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	Easy Beginners //Kate 9-10	PowerYoga Basics //Joe 10-11	Easy Beginners //Joe 9-10	Restorative Flow //Kate 7-8 *no class 10/3*	Easy Beginners //Joe 9-10	Power Yoga Basics //Joe 10-11	Easy Beginners w/Yoga Nidra //Joe 9-10
	Power Yoga w/ Lavender Towels //Kate 10:30-Noon** <small>Class cancelled on Oct 14th. Join us for special Power Beats class at 11am instead.</small>	Power Express //Joe 12-12:45	Power Express //Joe 12-12:45	Power Express //Kate 12-12:45	Power Express //Joe 12-12:45	Power Express //Joe 12-12:45	Restorative Flow //Joe 10:30-11:30
NOON		Power Express //Joe 4-4:45	Power Yoga Basics //Joe 4:30-5:30	Easy Beginners //Kate 4:30-5:30	PowerYoga //Kate 4:30-5:30	Power Express //Joe 3:30-4:15	Power Express //Joe 11:45-12:30
		Restorative Flow //Joe 5-6	Easy Beginners //Joe 6-7	Power Yoga Basics //April 6-7	Restorative Flow //Kate 6-7	Easy Beats //Joe 4:30-5:30	
EVENING	Easy Beginners //Joe 6:30-7:30	Power Yoga //Joe 7:15-8:15	Power Yoga //April 7:15-8:15	Power Yoga w/Yoga Nidra //Kate 7:15-8:15			

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.**

Easy Beats

Easy Beginners class format set to music—something a little different each week.

Yoga Nidra

30 minutes of guided meditation done laying down on the floor, leaving your mind and body feeling completely relaxed. **Room temperature.**

Power Yoga Basics

A slower version of PowerYoga, introducing the basics of power yoga. Warm Room.

Restorative Flow

Starts as vinyasa flow and finishes with longer holds in hip openers and other restorative postures. Not your typical Restorative practice. Mild Heat.

Power Yoga

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

Power Express

Power Yoga in 45 minutes. Full heat.

Events

90 Minute Power Beats Class

Sunday, October 14th 11am-12:30pm

Join Kate for a 90 minute Power Beats class—Power Yoga set to music. This class will replace the 10:30am Power Yoga class this one day only.

30-Day Yoga Challenge

Begins Monday, October 22nd!

It costs nothing to join! Simply use any class package. Newcomers or anyone who hasn't been to class in one year can participate for \$30. Take 20 classes in 30 days and be entered to win prizes.

supernovapoweryoga.com

Please note: Instructor subject to change last minute