

SUPERNOVA  POWER YOGA **November 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 10-11am	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 11a-12:30p** <small>Class on November 11th features music</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 3:30-4:15	Power Express //Joe 11:45-12:30
		Power Express //Joe 4-4:45	PowerYoga Basics //Joe 4:30-5:30	Easy Beginners //Kate 4:30-5:30	PowerYoga //Kate 4:30-5:30	Easy Beats //Joe 4:30-5:30	
EVENING		Restorative Flow //Joe 5-6	Easy Beginners //Joe 6-7	PowerYoga Basics //April 6-7	Restorative Flow //Kate 6-7		
		Easy Beginners //Joe 6:30-7:30	Power Yoga //Joe 7:15-8:15	Power Yoga //April 7:15-8:15	Easy Beginners 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 set to music. **Room temperature.**

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, November 11th 11am-12:30pm

Join Kate for 90 minutes of Power Yoga set to music.

MERRY MADNESS!

Friday, November 23rd 5-9pm

Join us in our upstairs space during Merry Madness, a one-night only shopping event downtown. Ticket-holders get special offers and enjoy a beverage or snack at each participating merchant. For one night only when you buy a gift certificate for \$20 or more, you'll get a pass for ONE FREE yoga class! Tickets available at the studio for \$15. **All ticket proceeds support the Yarmouth Food Bank.**

supernovapoweryoga.com

Please note: Instructor subject to change last minute