

SUPERNOVA  POWER YOGA *December 2018*

MORNING
NOON
EVENING

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	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 December 16th 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
						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		
	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, December 16th 11am-12:30pm

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

supernovapoweryoga.com

Please note: Instructor subject to change last minute