

SUPERNOVA  POWER YOGA *March 2019*

	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 10-11	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 11-12:30	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 Yoga //Joe 11:45-12:45
	Restorative Flow //Nic 4-5	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	Easy Beats //Joe 4:30-5:30	
EVENING		Restorative Flow //Joe 5-6	Easy Beginners //Joe 6-7	Power Yoga Basics //April 6-7	Easy Beginners //Kate 6-7		
		Easy Beginners //Joe 6:30-7:30	Power Yoga //Joe 7:15-8:15	Power Yoga //April 7:15-8:15	40 Days to Personal Revolution //Kate thru 3/14 7:15-8:15		
					Restorative Flow //Kate BEGINS 3/21 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 Power Yoga, 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.**