

SUPERNOVA  POWER YOGA *April 2019*

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
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	Restorative Flow //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 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.**

Special Event!

Yoga Nidra • Sunday, April 28th • 5:30-6:30 pm

It is said that 30 minutes of yoga nidra practice is equivalent to 2-4 hours of sleep! Yoga Nidra is a guided meditation done laying down in a comfortable, supported position, that brings you to a deeply restful state between wakefulness and sleeping. Bring a pillow or two, a blanket or any props you might like to use! Cost: Use any class package or drop in for \$12.

supernovapoweryoga.com

Please note: Instructor subject to change last minute