

SUPERNOVA  POWER YOGA *September 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 10:30-11:30	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
		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	Power Yoga Basics // Rotating Teacher Training Graduates 4-5 FREE CLASS
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 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:

Essential Oils Themed Yoga Class: Sunday, September 15th @ 4pm

Join Kate and Sacha Begg from Bullygoth Farm, for an all-levels, beginner-accessible yoga class with essential oils used to enhance your experience on the mat. Sacha is an herbalist with extensive knowledge about essential oils and their impact on the mind and body! No pre-registration required. Cost: Drop-In \$12, or use any class package to participate (punch card, unlimited membership, etc).