

**SUPERNOVA**  **POWER YOGA**

*January 2022*

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>MORNING</b>	Easy Beginners //Kate 9-10	Power Yoga Basics //Joe 10-11	Easy Beginners //Joe 9-10	Restorative Flow //Joe 10-11	Easy Beginners //Kate 9-10		Easy Beginners //Joe 9-10
<b>NOON</b>	Power Yoga //Kate 10:30-11:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Kate 12-12:45	Power Flow 45 //Joe 12-12:45	Restorative Flow //Joe 10:30-11:30
<b>AFTERNOON</b>						Power Flow 45 //Joe 3:00-3:45	
<b>EVENING</b>		Power Yoga //Joe 4-5	Power Yoga Basics //Joe 4-5	Restorative Flow //Joe 4-5	Easy Beginners //Kate 4:30-5:30	Easy Beginners //Joe 4:30-5:30	
		Restorative Flow //Joe 5:30-6:30	Easy Beginners //Joe 5:30-6:30	Easy Beginners //Joe 5:30-6:30			
	Easy Beginners //Joe 7-8	Power Yoga Beats //Crystal 7-8	Power Yoga //Joe 7-8	Power Yoga //Joe 7-8	Restorative Flow //Kate 7-8		

**Class Descriptions**

**Yoga Nidra**  
30 minutes of guided meditation done laying down on the floor, leaving your mind and body feeling completely relaxed.  
**Room Temp (20°)**

**Easy Beginners**  
For brand new beginners or anybody looking for a slow-paced & gentle yoga class. Not hard and not hot!  
**Room Temp (20°)**

**Power Yoga Basics**  
A slower version of Power Yoga, introducing the basics of power yoga.  
**Warm Room (24°)**

**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 (up to 27°)**

**Power Yoga**  
Our most challenging class, this Baptiste-style power yoga class links breath and movement to increase flexibility and strength.  
**Full Heat (up to 30°)**

**Power Yoga**  
Power Yoga set to music.

**Power Flow 45**  
Power Yoga in 45 minutes.  
**Full Heat (up to 30°)**