

SUPERNOVA  POWER YOGA

August 2022

	<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	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
	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
NOON							
						Power Flow 45 * //Joe 3:00-3:45	
AFTERNOON		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			
EVENING		Easy Beginners //Joe 7-8	Restorative Flow //Crystal 7:30-8:30	Power Yoga //Joe 7-8	Restorative Flow //Kate 7:30-8:30		

Schedule Modifications July 31st to August 13th

Natal Day, Monday, August 1st SPECIAL SCHEDULE: 9am Easy Beginners // 10:30 am Restorative Flow // Noon Power 45

BEACH YOGA! Sunday, August 7th at 4 pm with Crystal at Port Maitland Beach Park // Sunday August 21st with Kate at Port Maitland Beach Park

* Sunday 10:30 am Power Yoga—cancelled beginning July 31st, returning August 14th *

* Thursday 4:30 pm Easy Beginners—cancelled beginning August 4th, returning August 18th *

* Friday 3pm Power Yoga 45—cancelled on August 5th only, returning August 12th *

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°)