

FIT FOR FALL 2017 CLASS SCHEDULE

	time	Studio
1	9:00 - 9:40	<p>Yoga Tree presents Jelayna Da Silva</p> <p>Vinyasa Glow: You know that undeniable glow you feel after yoga? When your whole body is Jell-O and your heart is warm? That's what this class is all about. A well-planned sequence of postures designed to guide you into a calm state of yoga bliss. An all levels flow class, smooth, steady and accessible. Just the right amount of movement to get you ready for a full day of 'summer yoga glowing'.</p>
2	10:00- 10:40	<p>Octopus Garden Presents David Good</p> <p>Soul Brew: Join David for the perfect blend of body conditioning, dynamic stretching, breath-work and meditation. Working from the ground up, we build firm, stable roots to support a fluid flow and merge into subtle body training. This will be an active class for all levels.</p>
3	11:00 - 11:40	<p>Afterglow Presents George Chaker</p> <p>Yoga HIIT: Start off with a challenging power vinyasa flow followed by a series of high intensity intervals, which will push your arms, legs and core to the limit. You will breathe, sweat and groove through this exhilarating, intense workout.</p>
4	12:00 - 12:40	<p>Oblong Yoga Presents Sierra Armstrong</p> <p>The Practice and YOU: This class is designed to be approachable for all levels. We will learn to skillfully manipulate the body by understanding the breath and utilizing a crafted sequence. We plan to go deeper than ever before by learning to master your breath to fold deeper, and engage and connect with your body in all the right places to bend stronger. This class will get all the kinks out and have you feeling rested, restored and strong!</p>
	40 Min. BREAK	LUNCH
5	1:20- 2:00	<p>Yoga Sanctuary Presents: Trisha Sevilla</p> <p>Vinyasa: A fluid and dynamic transition from posture to posture, while developing awareness of the movement and breath connection.</p>

6	2:20- 3:00	<p>The Uptown POWERSTATION presents Sarah Birks</p> <p>Vinyasa Flow: Come out and join the POWERSTATION yoga team for a fun, challenging, all-level Vinyasa Flow class to celebrate the Fall season. The class will focus on incorporating a strong awareness of breathing technique with steady flowing movement.</p>
7	3:20 - 4:00	<p>ONE TELEVISION NETWORK presents Deborah Devine</p> <p>Join Deborah Devine for an easy and restorative Healing Yoga Practice that will calm the mind, ground the body gently, energize the heart, and let our spirits soar in celebration of getting Fit For Fall! All ages and all fitness levels welcome! Modifications and variations will be offered for all poses.</p>
8	4:20 - 5:00	<p>Heartfulness.org presents Kim Hansen</p> <p>Discover and experience HEARTFULNESS. Take a dip inside your 'Self'. Connect with the lightness and peace deep within the heart. Come out feeling rejuvenated, refreshed, resourced. We'll begin the class with a guided relaxation exercise. Resting quietly, we'll tune into the heart, with a gentle focus on the source of light that's already present there. Yogic transmission, or prana, is being utilized to deepen your experience.</p> <p>Sit on a mat, or in a chair. You need not be physically fit or agile to practice Heartfulness. Tune into the heart. Feel the lightness and joy of your true nature. Heartfulness meditation is simply taking the time to tune into that divine internal presence.</p> <p>Heartfulness is a modified form of raja yoga. Through meditation, the mind becomes fine-tuned, the doorway to your true nature. Come and rest your mind, experience the beauty of the heart!</p>