

Spring Schedule
Mar/Apr/May



**Port Huron
& St. Clair Studio**

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Port Huron Studio: 2887 Krafft Rd, Suite 1600 / St. Clair Studio: 201 N. Riverside Drive Suite C-10

MON	9:00-10:00 am	SC Align & Flow	Emilee
	4:45-5:45 pm	PH Slow Burn	Marleigh
	5:30-6:30 pm	SC Vinyasa Flow	Kathleen
	6:30-7:30 pm	PH Intro to Yoga (see social media for topic)	Katie
	6:45-7:45 pm	SC Hatha Basics	Kathleen
TUE	6:15-7:15 am	PH Align & Flow	Kathleen
	7:30-8:30 am	SC Vinyasa Flow	Paul
	9:00-10:00 am	SC Hatha Basics	Paul
	9:00-10:00 am	PH Young at Heart ***Silver Sneakers Flex Class***	Alice
	4:45-5:45 pm	PH Slow Burn	Marleigh
	5:30-6:30 pm	SC Ashtanga Short Form	Emilee
	6:00-7:15 pm	PH Yin Yoga w/ Myofascial Release *75 minute class	Kathleen
	6:45-8:00 pm	SC Yin Yoga w/ Myofascial Release *75 minute class	Alyssa
7:30-8:30 pm	PH Thinking on Yoga (see social media for topic)	Kathleen	
WED	9:00-10:00 am	SC Teacher's Blend	Emilee
	5:30-6:30 pm	SC Slow Burn	Tobi
	6:00-7:00 pm	PH Align & Flow	Alyssa
	6:45-7:45 pm	SC Vinyasa Flow w/Deep Stretch	Tobi
	7:15-8:15 pm	PH Gentle Yoga w/15 minutes of meditation	Alyssa
THU	7:30-8:30 am	SC Align & Flow	Marianne
	9:00-10:10am	SC Hatha Basics	Emilee
	9:00-10:00 am	PH Young at Heart ***Silver Sneakers Flex Class***	Paul
	10:15-11:15 am	PH Vinyasa Flow w/Deep Stretch	Paul
	4:45-5:45pm	PH Align & Flow	Tobi
	6:00-7:00 pm	SC Gentle Yoga w/15 minutes of meditation	Katie
	6:00-7:00 pm	PH Vinyasa Flow	Emilee
FRI	6:15-7:15 am	PH Align & Flow	Rhonda
	7:30-8:30 am	SC Align & Flow	Marianne
	9:00-10:00 am	SC Hatha Basics	Paul
	6:00-7:00 pm	PH Teacher's Blend - Happy Hour Yoga - 1/2 off class	Anthony
	6:00-7:00 pm	SC Teacher's Blend - Happy Hour Yoga - 1/2 off class	Katie
SAT	8:30-9:30 am	PH Slow Burn	Katie
	8:15-9:30 am	SC Vinyasa Flow *75 minute class	Emilee
	9:45-10:45 am	PH Hatha Basics	Katie
	9:45-10:45 am	SC Hatha Basics	Marianne
SUN	8:30-9:30 am	SC Align & Flow	Alyssa
	9:00-10:15am	PH Vinyasa Flow w/Deep Stretch *75 minute class	Emilee
	9:45-10:45 am	SC Hatha Basics	Alyssa
	7:00-8:15 pm	PH Yin Yoga w/ Myofascial Release *75 minute class	Katie
	7:00-8:15 pm	SC Yin Yoga *75 minute class	Marianne & Anthony

ABOUT OUR YOGA CLASSES

Intro to Yoga

This a class for those new to yoga and those interested in learning about a new style or aspect of yoga! Each week our Intro to Yoga class will focus on a different topic, including how to move through a sun salutation, categories of asana (seated, twists, standing, balancing, etc.), meditation and breathing techniques, inversions, and styles of yoga such as yin and Ashtanga. Class is taught at a comfortable temperature and will move slowly and carefully, providing information about proper alignment for each pose and what the class, style, or technique entails. We will post the topics each month on our social media channels and monthly newsletter to help you find the class that is right for you!

Hatha Basics

Hatha refers to a set of physical exercises (known as asanas or postures), and sequences of asanas, designed to align your tissues, muscles, and bones. Our Hatha Basics class offers a gentle introduction to the most basic yoga postures. Our teachers will help each student cultivate a deeper awareness of the postures and conscious breathing in combination with mindfulness to develop strength, flexibility, balance and relaxation. This class encourages proper alignment of the body ensuring students are moving safely and feel comfortable in each class. Hatha Basics is taught at a comfortable temperature and is appropriate for those who are new to yoga as well as those looking to reconnect to the fundamental foundation of their yoga practice.

Young at Heart

Yoga for the Young at Heart is a course geared for those 60+ Seniors that want to learn how Yoga helps restore strength and flexibility without straining the joints and muscles of the body. We will offer chairs and props to accommodate all levels of mobility. For maximum contentment please come prepared with light layers/socks as body temperature lowers during relaxation and savasana. All of our Young at Heart classes are Silver Sneakers eligible and are taught at a comfortable temperature.

Gentle Yoga w/15 min of Meditation

This is a restorative style practice that is ideal for anyone seeking healing and relaxation, from the new to the experienced yogis. This class is taught at a comfortable temperature and will begin with 45 minutes of gentle movement through basic yoga postures and then we'll embark on a 15-minute meditative journey to calm the body and mind. For maximum contentment please come prepared with light layers/socks as body temperature lowers during relaxation and savasana. Gentle yoga will leave you feeling relaxed, refreshed and rejuvenated.

Yin Yoga & Yin Yoga *w/Myofascial Release

If your body feels tense or stiff this class is perfect for you! Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of practice. Suitable for all levels, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, shoulders, and spine by holding seated and lying poses for 3 – 5 minutes. Surrendering into the poses for a longer length of time allows you to move deep into the body's connective tissues, while encouraging awareness of the breath and stillness of the mind. The room is kept at a comfortable temperature. For maximum contentment please come prepared with light layers/socks as body temperature lowers during relaxation and savasana.

*The word myo means "muscle" and the word fascia means "band" (or connective tissue). Our Yin Yoga w/myofascial release include this form of soft tissue therapy. Through the use of myofascial release balls we will work on releasing pain, and stretching and naturally lengthening the fascia to free up more mobility than is achievable with passive stretching alone.

Teacher's Blend

Teacher's Blend is a class where students of all levels can develop strength, balance, and flexibility through the use of breath, alignment, and multiple styles of yoga, from vinyasa style flows to longer held and more relaxed poses. The pace of class will vary from teacher to teacher and modifications are offered for students of all skill levels so that each student will get the most benefit from his/her practice. Class is taught at a comfortable temperature.

Join us for our Friday Happy Hour Teacher's Blend at both the Port Huron and St. Clair Studios! Happy Hour means we've discounted the hour class to half off! (or use your current class package). You might also find newly graduated Guest teachers leading our Happy Hour classes.

Align & Flow

A bit of alignment and a bit more flow. In Align & Flow we will move through a slow flow style class that opens up and challenges your mind and body. This class is designed to maximize energy flow and empower you to experience greater stability, freedom and ease in your poses that you can carry off the mat and into your day. Mindful movement is achieved through a mix of foundational poses, movement with the breath, active alignment cues and sequences that build strength and flexibility, all while taking the time to pause and feel, observe and adjust. Class is taught at a comfortable to slightly warmer temperature and is suitable for newer students looking to grow in their practice as well as experienced students.

Ashtanga Short Form

Ashtanga short form is a shortened sequence of Sri K. Pattabhi Jois' full Primary Series. It is a physical practice connecting movement and breath that builds heat within the core and extends out into the body. This class emphasizes the breath through Ujjayi pranayama, focused gaze (Drishti) and dynamic movements that connect the poses. Ashtanga Short Form is a good practice for new and experienced yogis. The first 40 minutes we practice a standing sequence (which includes 5 Sun As and 5 Sun Bs) followed by balance poses and a seated sequence where the postures will vary. Taught in a warmer room, this class is perfect for any student looking to expand their current practice.

Slow Burn

In slow burn we will take our time flowing from one posture to the next while diving deeper into the muscular system through holding poses for an extended period of time, challenging the idea that slower is easier. This slower and more skillful movement requires a focused mind, connection to the breath, and a willingness to give your all. Moving through carefully designed flows (which may include balancing, back bending, and inversions) you will learn the fundamental poses, build confidence and strength in your body and mind, and work on concentration and integrating breath and postural alignments. This class is taught in a warmer room and is perfect for anyone looking to sweat, stretch, and meet their edge.

Vinyasa Flow & Vinyasa Flow *w/Deep Stretch

A dynamic flow for the student who loves a challenge, vinyasa is a rhythmic sequence of poses flowing seamlessly with your breath. Ideal for students looking to deepen their practice as they flow through a variety of postures from Sun Salutations to balancing, back bending, core strengthening, and inversions. This class will help to improve balance and flexibility as you flow from pose to pose. Teachers may also guide students to take a portion of the flow on their own. Allowing the student the opportunity to explore and be creative within their own practice. You do not have to be an experienced Yoga practitioner to take this class, all that is asked of you is that you have an open mind and commitment to your own growth as a student. Taught in a warmer room, Vinyasa Flow is perfect for those students looking to take their practice to the next level.

*Deep Stretch targets the connective tissues of the hips, pelvis, shoulders, and spine by holding yin style seated and lying poses for 3 - 5 minutes. Our Vinyasa Flow w/Deep Stretch classes include this form of soft tissue therapy towards the end of class before settling into savasana. This fusion of yoga styles provides the student the opportunity to explore both the yin and yang sides of yoga in a well-rounded sequence of dynamic full-body flows, body-opening yin postures, and centering pranayama to liberate you in body, mind, and spirit.