

Spring Schedule
Mar/April/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

Monday	9:00-10:00 am	SC Align & Flow	Alma
	4:45-5:45 pm	PH Slow Burn	Marleigh
	5:30-6:30 pm	SC Vinyasa Flow	Kathleen
	6:30-7:30 pm	PH Gentle Yoga +	Katie
	6:45-7:45 pm	SC Hatha Basics	Kathleen
Tuesday	7:30-8:30 am	SC Teacher's Blend	Kris
	9:00-10:00 am	SC Yin Yoga	Tammy
	9:00-10:00 am	PH Young at Heart ***Silver Sneakers Flex Class***	Alice
	4:45-5:45 pm	PH Slow Burn	Alice
	5:30-6:45 pm	SC Ashtanga Short Form *75 minute class	Emilee
	6:00-7:00 pm	PH Vinyasa Flow	Alice
	7:00 - 8:15 pm	SC Yin Yoga *75 minute class	Pat
Wednesday	9:00-10:00 am	SC Teacher's Blend	Emilee
	9:00-10:00 am	PH Vinyasa Flow w/Deep Stretch	Alma
	5:30-6:30 pm	SC Slow Burn	Tobi
	6:00-7:00 pm	PH Align & Flow	Alyssa
	6:45-8:00 pm	SC Yin Yoga *75 minute class	Anthony
	7:15-8:15 pm	PH Gentle Yoga +	Alyssa
Thursday	7:30-8:30 am	SC Teacher's Blend	Kris
	9:00-10:00am	SC Hatha Basics	Alma
	9:00-10:00 am	PH Young at Heart ***Silver Sneakers Flex Class***	Rhonda
	6:00-7:00 pm	SC Gentle Yoga +	Katie
	6:00-7:00 pm	PH Vinyasa Flow	Emilee
Friday	7:15 - 8:30pm	PH Yin Yoga *75 minute class	Tobi
	6:00-7:00 am	PH Align & Flow	Emilee
	9:00-10:00 am	SC Hatha Basics	Emilee
	6:00-7:00 pm	PH Teacher's Blend - Happy Hour Yoga - \$7 class	Anthony
Saturday	6:00-7:00 pm	SC Teacher's Blend - Happy Hour Yoga - \$7 class	Katie
	8:30-9:30 am	PH Slow Burn	Kathleen
	8:30-9:30 am	SC Vinyasa Flow	Emilee
	9:45-10:45 am	PH Hatha Basics	Kathleen
Sunday	9:45-10:45 am	SC Hatha Basics	Alma
	8:30-9:30 am	SC Align & Flow	Alyssa
	9:00-10:00am	PH Teacher's Blend	Rhonda
	9:45-10:45 am	SC Yoga on the Wall (NEW CLASS)	Alyssa
	7:00 - 8:15pm	PH Yin Yoga *75 minute class	Anthony
	7:00 - 8:15pm	SC Restorative Yoga *75 minute class	Pat/Tammy

ABOUT OUR YOGA CLASSES

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 +

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 gentle movement through basic yoga postures and then we'll embark on a meditative journey to calm the body and mind or you might find the teachers implementing techniques of self myofascial release. Through the use of RAD myofascial release balls (please bring your own RAD balls if you have them) 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. 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.

Restorative Yoga - 75 minute class

Deeply relax as your body is completely supported by props in longer held yoga poses. Our parasympathetic nervous system is stimulated when we relax into long-held supported poses, which promotes a relaxation response and reduces stress in our bodies. This practice is great for anyone looking to slow down, to relieve stress, to calm the excessive mind chatter, or even those recovering from injuries. Restorative is beneficial for insomnia and promoting deep sleep. Fully supported by props, we allow our mind to let go of tension, which releases negative thought patterns and stiffness in the body. Come nourish yourself with this deep restorative practice. 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. No yoga experience needed!

Yin Yoga

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.

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 - 75 minute class

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.

Yoga On The Wall

This class will utilize the wall in different ways each week. Be prepared to learn something new, and try something different each time you take this class! Some examples are, alignment, flowing, corework, yin, MFR, inversions and MUCH more!