

YOGA

Feb 2014

Join us at Alpine Integrated Medicine!



Join us for a **FREE** Beginner Yoga Workshop on Saturday, *February 15th from 10am-1pm*. Learn more about yoga and how it can help to create more balance and health in your life. The workshop will include discussion as well as an active exploration of postures, basic breathing techniques, and meditation. The new yoga program will kick off with **classes starting on February 11th and the free workshop on the 15th**. Classes will be free throughout February. *Come strengthen your body and center your mind*

Weekly Yoga Class Schedule:

Times	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9 am	Open meditation	Open meditation		Open meditation	
9-10:15 am	Flow Yoga	Flow Yoga		Alignment Focus	
9:30-10 am			Core Focus (1 hr 15 min)		Open meditation
10-11:15 am					Flow Yoga
4-5:15pm					Alignment Focus
5:30-6:45 pm	Yoga Basics	Yoga Basics	Stretching		

Class Fees

Class Drop in fee: \$15
8-Punch Class Card: \$100 use within 3 months
1 Month Unlimited Yoga: \$120
Basic Series (8 classes): \$100

Class Descriptions

Flow Yoga-

This class focuses on connecting our breath with our movement as we flow from pose to pose. It builds strength, flexibility, and centers on moving with intention. It is for beginner or intermediate students as there are always modifications and more advanced poses offered.

Yoga Basics-

This class is foundational and focuses on becoming proficient at the core asanas and pranayamas (poses and breathing techniques) of a yoga practice. It is for beginner students, however intermediate students will also be able to gain more core yoga knowledge and proficiency.

Core Focus-

This class has a focus on strengthening the core, the foundation of any yoga practice. This class will also build strength and flexibility in shoulders hips. It is for beginner or advanced students as modifications and more advanced poses are always offered.

Stretching-

This class is geared around "deep stretching" where the student will stretch many different opposing muscle groups and learn the basics and importance of stretching.

Alignment Focused Yoga-

This class focuses on the proper alignment of the various yoga poses and will allow for the student to gain a deeper mind-body-breath connection of this correct positioning. Each pose will be held for a longer amount of time as we work together on adjusting each one with focus and intention.

Intro Series-

Our Intro Series will be an eight-week class that will provide a strong foundation for the student in the practice of yoga. It will introduce the students to the Sun Salutation practice, different pranayama or breathing techniques, and some meditation practices. It will allow for the students to begin practicing with confidence while building strength, flexibility, and mind-body-breath awareness.

Open Meditation-

Open meditation is a free addition to our yoga program and will allow for students to delve deeper into their own practice or offer the opportunity to begin practicing. The class will begin with a guided meditation or visualization and then will allow time for personal practice.