

March

iam yoga



2010

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1	2	3	4	5	6
	JV 6:30 – 7:30 Dawn F1 12:00 – 1:00 Amy F1 CC 3:30 – 4:30 Michael CF 5:00 – 6:00 Linda H1 6:30 – 7:45 Linda F1 8:15 – 9:15 Lexi	H1 6:30 – 7:30 Melinda YY 9:30 - 10:45 Aura F1 12:00 – 1:00 Aura **V2 5:00-6:00 Joanne F1 6:30 – 7:45 Amy A2 8:15 – 9:15 Jonny	F1 6:30 – 7:30 Lana L CF 12:00 – 1:00 Linda A1 5:00-6:00 Juliana F1 6:30 – 7:45 Linda **YM 8:15 – 9:30 Lana S	YY 6:30 – 7:30 Kosu F1 9:30 – 10:45 Jennifer DF1 12:00 – 1:00 Linda F1 5:00 – 6:00 Linda F2 6:30 – 7:45 Linda CF 8:15 – 9:15 Amy	F1 6:30 – 7:30 Amy F1 12:00 – 1:00 Linda F1 5:00 – 6:00 Linda YY 6:30 – 8:00 Lana S FREE INTRO CLASS Donations To Haiti 8:30 – 9:30 Joana	PF 10 – 11:15 Lexi F1 12:00-1:00 Lexi CF 2:00 – 3:00 Linda JV 3:30 – 4:30 Dawn F1 5:00 – 6:00 Amy
7	8	9	10	11	12	13
H1 10:00 – 11:15 Amy F1 12:00-1:00 Linda A1 3:00 - 4:00 Jonny HF1 5:30 – 6:30 Lana L (by candlelight) **YM 7:00 – 8:30 Kosu (by candlelight)	JV 6:30 – 7:30 Dawn F1 12:00 – 1:00 Linda F1 CC 3:30 – 4:30 Joana CF 5:00 – 6:00 Linda H1 6:30 – 7:45 Linda F1 8:15 – 9:15 Lexi	H1 6:30 – 7:30 Melinda YY 9:30 - 10:45 Aura F1 12:00 – 1:00 Aura **V2 5:00-6:00 Joanne F1 6:30 – 7:45 Nat A2 8:15 – 9:15 Jonny	F1 6:30 – 7:30 Lana L CF 12:00 – 1:00 Linda A1 5:00-6:00 Juliana F1 6:30 – 7:45 Linda **YM 8:15 – 9:30 Leo	YY 6:30 – 7:30 Kosu F1 9:30 – 10:45 Jennifer DF1 12:00 – 1:00 Amy F1 5:00 – 6:00 Linda F2 6:30 – 7:45 Nat CF 8:15 – 9:15 Lexi	F1 6:30 – 7:30 Amy F1 12:00 – 1:00 Linda F1 5:00 – 6:00 Linda YY 6:30 – 8:00 Leo FREE INTRO CLASS Donations To Haiti 8:30 – 9:30 Joana	PF 10 – 11:15 Lexi F1 12:00-1:00 Lexi PARTNER YOGA WORKSHOP 2:00 – 4:00 F1 5:00 – 6:00 Amy
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H1 10:00 – 11:15 Amy F1 12:00-1:00 Linda A1 3:00 - 4:00 Jonny HF1 5:30 – 6:30 Lana L (by candlelight) **YM 7:00 – 8:30 Kosu (by candlelight)	JV 6:30 – 7:30 Dawn F1 12:00 – 1:00 Linda F1 CC 3:30 – 4:30 Joana CF 5:00 – 6:00 Linda H1 6:30 – 7:45 Linda F1 8:15 – 9:15 Lexi	H1 6:30 – 7:30 Melinda YY 9:30 - 10:45 Aura F1 12:00 – 1:00 Aura **V2 5:00-6:00 Joanne F1 6:30 – 7:45 Amy A2 8:15 – 9:15 Jonny	F1 6:30 – 7:30 Lana L CF 12:00 – 1:00 Linda A1 5:00-6:00 Juliana F1 6:30 – 7:45 Nat **YM 8:15 – 9:30 Leo	YY 6:30 – 7:30 Kosu F1 9:30 – 10:45 Jennifer DF1 12:00 – 1:00 Linda F1 5:00 – 6:00 Linda F2 6:30 – 7:45 Linda CF 8:15 – 9:15 Amy	F1 6:30 – 7:30 Amy F1 12:00 – 1:00 Linda F1 5:00 – 6:00 Aura YY 6:30 – 8:00 Leo FREE INTRO CLASS Donations To Haiti 8:30 – 9:30 Joana	PF 10 – 11:15 Lexi F1 12:00-1:00 Lexi CF 2:00 – 3:00 Amy JV 3:30 – 4:30 Lauren F1 5:00 – 6:00 Amy
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F1 – Level 1 Flow Class, suitable for all levels incl. Sun Salutations and Downward Dog Flow / **F2 – Level 2 Flow Class**, Suitable for Students who have practiced at least 10 Level 1 Classes, emphasis placed on connecting movement and breath through dynamic flow sequences / **A1 – Ashtanga** – a dynamic practice that improves cardiovascular fitness through Sun Salutations and standing poses, emphasis on building heat and focus through the breath / **CC Class – \$7 Class** - Suitable for beginners designed to introduce students to iam Yoga flow classes taught by teachers new to the studio / **CF – Core Flow Class** incorporates sun salutations and poses that strengthen the core connected by downward dog flows, influenced by Pilates core work / **YM – Yin & Meditation Class** – Class incorporating long holds, all poses practiced on the floor, designed to open and lengthen muscles and joints, end of class includes a 15 – 20 min guided meditation / **YY – Yin Yang Class** – 75 Min – 40 min flow and power flow sequences last 35 min Yin Practice **H1 – Hatha** - class is suitable for students of all levels – we flow from one pose to another without downward dog and sun salutations / **V – Vinyasa** – Class links breath and movement, incl. more challenging flows, balancing postures and may include

introduction to inversions / **PF – Powerflow**, A challenging flow class incl. more challenging flow sequencing, balancing postures and may include introduction to inversions / **S – Silent Class**, teacher practicing at front of the room, all levels welcome, class is accompanied by music designed to bring students deeper into their moving meditation / **JV – Jivamukti** – a vinyasa-style class, linking breath and movement with intention. Hands-on assists are used to guide you deeper into the poses. Along with the physical asanas, chanting, pranayama, and meditation are used to help to take your yoga beyond the physical practice. **YR – Yoga For Runners**, a yoga class designed to open and lengthen the hamstrings, calves, and hips – for students who run, cycle or otherwise experience tightness in these areas / **HF – Hatha Flow**, a less vigorous flow class, but still including downward dog flows / **DF – Detox Flow** – Flow Class with emphasis on twists and compression in poses in order to detoxify internal organs and circulation/lymphatic system.

**** Reduced Heat Classes – Classes are warm but not hot**