



Current Schedule

| <u>M</u> | <u>T</u> | <u>W</u> | <u>TH</u> | <u>F</u> | <u>S</u> | <u>SU</u> |
|-------------------|-----------------------|-------------------|-----------------------|-----------------------|-------------------|----------------------|
| | 6:30am Bikram | 6:30am Vinyasa | 6:30am Bikram | 6:30am Vinyasa | | |
| 8:30am Vinyasa | 8:30am Vinyasa | 8:30am Vinyasa | 8:30am Vinyasa | 8:30am Vinyasa | 8:00am Vinyasa | |
| | | | | | | 9:00am Fusion |
| | | | | | 10:00am Fusion | |
| *12:00 Pilates | *12:00pm Warm Flow | *12:00 Pilates | *12:00pm Warm Flow | *12:00pm Warm Flow | | |
| | | KIDS YOGA | KIDS YOGA | | | |
| 4:15pm Vinyasa | | 4:15pm Bikram | | 4:15pm Fusion | *4:00pm YIN | 4:00pm Intro Yoga |
| | *5:30pm Forrest | | *5:30pm Kundalini | | | |
| 6:00pm Bikram | | 6:00pm Fusion | | | | |

ALL CLASSES ARE PURPOSELY SUITED TO ALL LEVELS/AGES/ABILITIES. ANYONE CAN DO IT!

***FOR THOSE WHO DON'T LIKE HIGH HEAT, CLASS DESCRIPTIONS WITH A * ARE WARM, NOT HOT**

CLASS DESCRIPTIONS

Bikram: The original hot yoga, 26 static postures, suitable for all levels

Vinyasa: This class is a warm to hot flow class...physical practice moving w/breath. All levels

***Warm Flow:** Lunch hour Vinyasa in a room temperature to warm room. 60 min

Fusion: Bikram interlaced w/Vinyasa postures to get the body warmed up. All levels

***Forrest:** Internally focused practice on breath, strength & core awareness, practicing w/integrity

***Kundalini:** Uplifting spiritual/physical practices incorporating breathing techniques, chanting, and asana

***Pilates:** Mat technique & props to strengthen core, increase balance, restore flexibility in the spine

***YIN:** A soothing, restorative practice. Longer held postures to relax & rejuvenate.

Intro Yoga: 90 min Bikram based yoga. Geared for beginners to hot yoga but suitable for the advanced practitioner who craves the full 90 minute session.

Any Questions, please Contact Us at www.sandpointhyoga.com or 208.946.7646