



Fall Schedule

Starts Tues. Sep 18th

| <u>M</u> | <u>T</u> | <u>W</u> | <u>TH</u> | <u>F</u> | <u>S</u> | <u>SU</u> |
|--------------------------|-----------------------|---------------------------------------|-------------------|-----------------------|-------------------|--------------------|
| | | *5:30am 1 st Chair Flow | | | | |
| 6:30am Bikram | 6:30am Vinyasa | | 6:30am Vinyasa | 6:30am Bikram | | |
| 8:30am Vinyasa | 8:30am Vinyasa | 8:30am Bikram | 8:30am Vinyasa | 8:30am Vinyasa | 8:00am Vinyasa | |
| | | | | | | 9:00am Bikram |
| | *10:15am Kundalini | 10:15am Yogalates | | | 10:00am Fusion | |
| *12:00pm Warm Flow | | *12:00pm Warm Flow | | *12:00pm Warm Flow | | |
| | KIDS YOGA | KIDS YOGA | | | | |
| | 4:15 Fusion | | 4:15am Fusion | | | |
| | | | | | | |
| 6:00pm Bikram | | 6:00pm Karma | | | | *6:00pm Restore |

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

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

Fusion: Combination of traditional Bikram, Vinyasa & core/strengthening moves

***First Chair:** A basic warm Vinyasa practice to kick off your potential powder day bright n early!

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

***Yogalates:** Combination of Pilates techniques & Yoga stretches to strengthen core, increase balance, restore flexibility in the spine. Warm to hot practice to safely increase flexibility & boost metabolism

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

Karma: \$5 drop-in rate going to a community cause ~ style may vary/check mindbody weekly!

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