



# Winter Schedule

<u>M</u>	<u>T</u>	<u>W</u>	<u>TH</u>	<u>F</u>	<u>S</u>	<u>SU</u>
		*5:30am 1 <sup>st</sup> 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 Yogalates			10:00am Fusion	
*12:00pm Warm Flow	*12:00pm Kundalini	*12:00pm Warm Flow		*12:00pm Warm Flow		
		KIDS YOGA				
	4:15 Bikram		4:15am Vinyasa			
6:00pm Fusion		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](http://www.sandpointhyoga.com) or 208.946.7646*