

# SUMMER SCHEDULE

**STARTS SATURDAY, JUNE 19**

MON	TUES	WEDS	THURS	FRI	SAT
9 am, 75 mins. <b>Vinyasa Amy</b>	6 am, 75 mins. <b>Sun Celebration Amy</b>	9 am 75 mins. <b>Vinyasa Flow Karen</b>	6 am, 75 mins. <b>Sun Celebration Amy</b>	9 am 75 mins. <b>Vinyasa Flow Amy</b>	8 am class Amy/Sara 75 mins. <b>Mixed Levels</b> Sacajawea Park, <i>Weather permitting</i>
5:30 pm 75 mins. <b>Gentle/Slow Flow Allison</b>	9:15 am, 75 mins. <b>Gentle/Slow Flow Sara</b>	12:15 pm 75 mins. <b>Prenatal Class Sara Starts 6/30</b>	9:15 am 75 mins. <b>Gentle Fluidity Sara</b>		
	5:30 pm 75-90 mins. <b>Sivinanda Yoga Jennifer</b>				

MONDAY, JUNE 21ST • SPECIAL SUMMER SOLSTICE CLASS • 5:30 P.M., TAUGHT BY SARA, 90 MIN., \$12

## COME RELAX YOUR MIND, BODY & SOUL

### CLASS DESCRIPTIONS:

**Gentle Fluidity** - A slow flow practice focused on fluidity, power and grace. Different breath work is introduced.

**Gentle/Slow Flow Yoga** - Gentle repetitive movement and breathing techniques allow the body to remember how to relax while opening joints, balancing muscles, releasing tension and calming the mind.

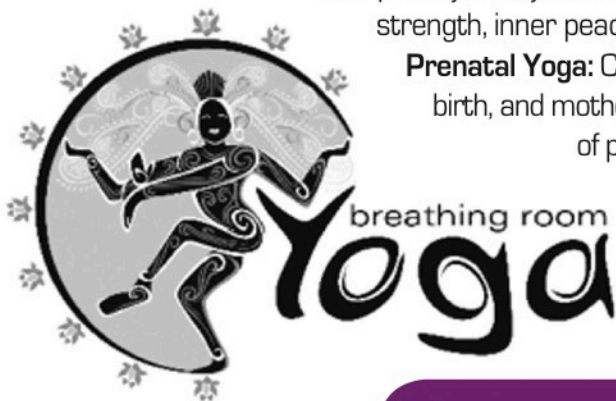
**Sun Celebration:** A delightful morning practice of yoga that will leave you radiant and full of energy with which to meet the new day.

**Sivinanda Yoga:** A combination of Sun Salutations, 12 asanas or postures, meditation, breath work and chanting. This class is for everyone and will allow you to feel energized and relaxed all at the same time.

**Vinyasa:** Combining a dynamic flow of postures, moving from breath to breath, exploring movement and pranayama, you will naturally enhance structural alignment, flexibility, core strength, inner peace and clarity of mind.

**Prenatal Yoga:** Celebrate your pregnancy and prepare your body for labor, birth, and motherhood. Poses help alleviate the common discomforts of pregnancy, and holistic childbirth information is woven in throughout the class. This is a five week course, and pre-registration is required. \$60 full series; \$15 drop-ins. First class is 6/30.

**Mixed Level:** All levels are welcome. Class will focus on combining breath work with movement.



**\$12 Drop In Fee • 122 N. Main St., Suite #4**

**223-7148 • www.breathingroom-yoga.com**