

LOVE YOGA

www.loveyogastudios.com

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MONDAY

9:30-10:30am	Yoga Basics - Suzanne
5:30-6:30pm	Gentle Yoga - Suzanne
7:00-8:00pm	Core Yoga - Kristen

TUESDAY

9:30-10:30am	Flow Yoga - Erin
12:00-12:45pm	Flo45 - Seville
5:30-6:30pm **	Yoga Basics - Aunnie 5\$ Cash
7:00-8:00pm	Hot Yoga - Kathy

WEDNESDAY

9:30-10:30am	Yoga Basics - Suzanne
1:00-2:00pm	All levels - Kristen
5:45-7:00pm	Power Yoga - Suzanne
7:00-7:45pm	Restorative - Kelly

THURSDAY

9:30-10:30am	Flow Yoga - Aunnie
12:00-12:45pm	Flo45 - Seville
5:30-6:30pm	Gentle Yoga - Suzanne
7:00-8:00pm	Hot Flow Yoga - Maggie

FRIDAY

9:30-10:30am	Yoga Basics - Suzanne
11:00-12:00pm	Gentle Yoga - Marcy
5:30-6:30pm**	All levels flow - Suzanne 5\$Cash

SATURDAY

9:00-10:00am	All levels flow - Suzanne
10:30-11:30am	Flow Yoga - Shanti
12:00—1:00pm	KIDS Yoga—2nd Sat/Month-Kathy

SUNDAY

8:30-9:30am	Yoga Basics - Elisa
10:00-11:00am	Flow Yoga - Jane
3:00-4:00pm	FREE Pre-Natal - Shanti
5:00-6:00pm	All levels flow - Seville
6:30-7:15pm	Restorative Yoga - Paul
7:30pm-8:15pm	Meditation workshop

New to Yoga?

Try our Introductory Special

\$40 Trial Pass - 30 days of unlimited yoga!

\$12 Drop In/ 5\$ FT Student Gift Certificates!
 \$88 = 8 Class Pass ; \$144 = 16 class family pass
 \$88 Monthly Unlimited (*\$70 mo w/6 month autopay*)

CLASS DESCRIPTIONS

All classes include complimentary meditation and long savasanas.

RESTORATIVE. Relax with this meditative combination of seated and reclined postures designed to create calm in the body & mind. Restorative yoga is also the perfect complement to other more vigorous forms of exercise.

GENTLE YOGA is a combination of seated postures, standing balances, breathing techniques and focus. Great for relaxation, stress relief, injury rehab, flexibility, toning and balance.

YOGA BASICS is for everyone. Learn the basic alignment and fundamentals of a Vinyasa Flow style class. You'll be prepared for any yoga class! We introduce new concepts all the time, so a basics class is also great for refining your personal practice. Modify or intensify as you like. **CORE YOGA** is a Strong Basics class with a focus on core strengthening. All levels.

ALL LEVELS FLOW is a little more activity than a Basics class but not quite as intense as Flow. Lots of options!

FLOW YOGA is a continual flow of movement with a focus on moving with your breath. Varying degrees of intensity to provide more cardio activity.

HOT FLOW YOGA Tues/Thurs 7pm - heated to 93°

POWER YOGA is a moderately paced, intense blend of postures that challenge and strengthen, including inversions and arm balances. Best to have some experience.

FLO45 is a 45 minute session designed to create a state of physical and intellectual flow with familiar sequences, unfamiliar challenges, multi levels and lots of fun.

FREE PRENATAL Classes Sundays at 3pm.

Teachers/Class changes are noted on our FB page, or in our online schedule at www.mindbodyonline.com (link from our website & also available as an iPhone app)

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