

LOVE YOGA

SUNDAY

9:30 am - All Levels Karma Class Donations only*

5:30 pm - SOL Power Haley

7:00 pm - Restorative Yoga Brent

MONDAY

9:30 am - Yoga Basics Erin Y.

4:15pm - All levels flow Brent

5:30 pm - Gentle Yoga Mandy

7:00 pm - All levels Flow Erin Y.

TUESDAY

9:30 am - Strong Flow Erin H.

10:00am - Gentle Yoga Erin Y.

5:30 pm - 5\$ Basics/Cash Only Aunnie

7:00 pm - Strong Core Flow Haley

WEDNESDAY

9:30 am - Yoga Basics Suzanne

5:30 pm - Yoga Basics Christina

6:00 pm - Power Yoga Suzanne

7:00 pm - Restorative Yoga Erin Y.

THURSDAY

9:30 am - Strong Flow Aunnie

4:15pm - All levels flow Kayla

5:30 pm - Gentle Yoga Amanda

6:00 pm - Strong Flow Candlelit Tana

FRIDAY

9:30 am - Yoga Basics Suzanne

11:00 am - Gentle Yoga Rachel

5:30 pm - 5\$ Basics/Cash Only Suzanne

SATURDAY

9:00 am - Yoga Basics Suzanne

10:30am - Monthly Workshops All

4pm Yoga & Knitting (1x/mo) Erin Y.

RATES

INTRO PASS

\$20/3weeks

DROP IN PASSES

One Time \$16

Full Time Students \$8

8 CLASS PASS \$96

MONTHLY

UNLIMITED PASSES

6 Month Pass

\$99 w/6 mo. autopay + perks

12 mo. Month Pass

\$88 w/12 mo. autopay + perks

\$5 CLASSES/cash only

Tue/Fri 5:30pm

KARMA CLASS – Sundays 9:30am

Donation only class with our newest teachers.

** Suggested donations are \$5-10
and are greatly appreciated*

Get Started here

www.loveyogastudios.com/intro



loveyogastudio



loveyogastudio

lovestrongadventures

541-971-8244

Love@loveyogastudios.com

630 Hickory St. NW

Albany, OR 97321

LOVE YOGA CLASSES.

Where to start? When to advance?

Free Meditation. Introductory tips, techniques, suggestions and neuroscience to get you started.

Restorative Yoga. Soothing combination of seated and reclined postures designed to release tension, promote healing and create calm. Deep relaxation.

Gentle Yoga. Simple movement with relaxation, twists, folds and balance poses. Breathing deep and slow. Perfect for beginners, stress relief, injury rehab, toning and balance.

All Levels/Basics Yoga. Challenge yourself or focus on relaxation in the 'Basics' classes. Options give everyone the level of class they need.

Sunday Morning Karma Yoga. Donation only. All levels class taught by our newest teachers. Suggested donation is \$5-10 but please feel free to pay what you can to bring more presence, energy and positive moral support.

Flow Yoga. Flow gets you moving, breathing, strengthening and relaxing at a pace that energizes you for about 45 minutes and relaxes you for about 15 minutes.

Strong Flow. Venture beyond the basics and flows to challenge yourself. (i.e. more sequences, flows, deeper twists, and stronger balance poses). We provide many opportunities in this strong vinyasa flow to expand your horizons by believing in yourself and encouraging others. Challenge with awareness.

Power Yoga. Power Yoga builds your strength from the inside out. YOU are empowering yourself. Think Mental to Muscle, Spine to Skin, Cell to Soul. It's not fast and furious, it's building endurance and resilience with a strong flow, arm balances, inversions and balance postures.

MINDBODY APP and software available to register for classes

LOVE YOGA WORKSHOPS

**Check website for exact dates*

Yoga for Beginners/Refresher. Basic information with FAQs and Q&A. Intended for those new to or curious about yoga.

Yoga Alignment. Breakdown, align and adjust the most common postures with various approaches.

Core Workshop. Functional Yoga Core fused with pilates style flows for all levels, any class.

Arm balances & Inversions. Prep poses, set up, foundational concepts for advanced postures.

Meditation workshop. 3 types of meditation, 8-minute practice for each. Discussion, practice and Q&A.

Chakra workshop. Basic concepts around each chakra and the postures that help create energetic flow. **Chakra series** for more info.

8 Limbs workshop. Overview of the foundational 8 limbs of yoga and the evolution of the 8 limbs of Love.

Soul Compass Workshop. Uncover / Discover more of who you are to create more of what you love and a lifestyle that supports it.

Yoga Nidra. Like a long savasana with guided relaxation to create a meditative state of peace and clarity.

Yoga for Anxiety. Retrain and rejuvenate your nervous system with yoga. No experience necessary.

Teacher Training or Personal exploration. 8 Limbs of Love. 8 weekends/6 months in depth study and exploration. Yoga Alliance Certified. 200/300 hour.