

The Rite Bite

Winter/Spring Yoga Schedule To start Jan. 16th

YOGA FOR ALL

Classes are held in Group X Studio unless otherwise noted & require pre-registration online **at least 2 hours prior to class***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunrise Yoga 5:30-6:10am Lydia		Sunrise Yoga 5:30-6:10am John		Sunrise Yoga 5:30-6:10am Lydia		
Vinyasa Flow Power Yoga 6:15-7:15am Megan		Vinyasa Flow Power Yoga 6:15-7:15am Megan				PROGRESSIVE SESSION CLASS \$Meditation\$ 10-11am John
TRX Yoga (in gym) 8:45-930am Katie	Slow Flow Yoga 8:45-930am Jill	Athletic Stretch Yoga 8:45-930am Katie	Spa Yoga 9:30-10:20am Romona	TRX Yoga (in gym) 8:45-930am Katie	*Gentle Yoga Intergenerational 9:30-10:20am Katie	Integral Yoga 11:15-12:15 John
Lunchtime Hatha Yoga 11:45-12:30pm Jennifer		Lunchtime Yoga Intergenerational 11:45-12:30pm Katie		*Silver Sneakers Chair Yoga 10:30-11:15am Jill	T.R.X. Yoga 10:30-11:30am (in gym) Katie	Hatha Yoga 4-5pm Kelly
	Hot Flow 430-520pm Lindsay		Restorative Yoga 430-520pm Lindsay	Lunchtime Yoga 11:45-12:30pm John	Vinyasa Flow Power Yoga 11:30-12:30pm Megan	
*Yogalates 6:30-7:20pm Amy	PROGRESSIVE SESSION CLASS \$Integral Yoga\$ 6:45-7:50pm John	Hot Flow 6-6:50pm Lindsay	Athletic Stretch Yoga 6:30-7:20pm Katie	Extended Practice 4:30-5:50pm John		
Hot Flow 7:30-8:15pm Lindsay	Meditation 7:45-8:40pm John	*Spa Yoga 7-8pm Romona	Vinyasa Flow Power Yoga 7:30-8:20pm Megan	Pranayama 1st Friday of each month 6-7pm John		

*Classes with an asterisks will be drop in and will not require registration.

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Class Descriptions

Athletic Stretch Yoga: Calling all runners, bikers, hikers, weightlifters, golfers, tennis and team sports players. Actually, anyone who uses the same muscle groups repetitively. Class will focus on stretching and lengthening problem areas while working on calming the mind and improving breathing techniques.

Extended Practice Yoga: This class will allow more time to explore various postures and perfect each pose. A variety of yoga postures, breathing techniques and relaxation techniques will be included. More time is given for students to discuss specific issues with the instructor.

Gentle Yoga: Focus on relaxation, strength, and balance by incorporating yoga exercises that can be done on a mat or even in a chair for those who have difficulty getting up off the floor. Some meditation may be included.

Hatha Yoga: Hatha is taught as a form of physical therapy and represents opposing energies: hot/cold, fire/water, positive/negative. This practice consists of a sequence of asanas incorporating forward and backward bends, twists, and balance work. It will also include breath work and some meditation. Hatha is suitable for all levels.

Hot Flow: The room will be a toasty 85-95 degrees. The nature of Flow, linking posture to posture, is better suited for those who have a bit of yoga knowledge or those are already in moderately good health. You can expect some inversions and a good sweat.

Integral Yoga: Learn classic yoga poses and how to relax the body and mind. Emphasis is on learning to keep the body comfortable and steady in various postures. Students should be able to easily get up and down off the floor to take this class.

***Intergenerational Yoga Classes:** Any class with *Intergenerational under it will be open to (but not limited to) parent/child/grandchild combinations of any age so that yoga practice is shared amongst family members. This class brings together ages 9-90 in a convivial atmosphere, children under 16 must be accompanied by an adult. Class offers enough challenges for strong individuals to feel satisfied, and enough gentleness to be suitable for people in their golden years.

Lunchtime Yoga: A basic yoga class designed to give you a midday break and to help you feel refreshed and renewed for the rest of the day. Basic yoga poses will be practiced in a way that will increase flexibility and comfort in the body and rejuvenate the mind. All levels welcome.

Meditation: The class includes gentle exercises to relax and comfort the body, breathing techniques, how to incorporate meditation into your busy lifestyle, and general principles for keeping the mind free of worry and distraction. Students will be introduced to a variety of meditation techniques to explore or they may use another technique of their own choosing.

Pranayama: Learn the art of yogic breathing. This class will be offered the first Friday of each month. In it you will explore various breathing techniques traditionally taught in yoga and meditation. You will begin to experience the connection between the breath, body and mind. Some gentle stretches and relaxation techniques may be included. All levels welcome.

Restorative Yoga: This class provides a rare treat in our fast-paced lives. In restorative yoga, less is truly more. The focus will be on doing fewer postures while receiving maximum benefit. By using props to create comfort and support, you allow the breath to deepen and gripped muscles to release. This class will leave you feeling relaxed and refreshed!

Silver Sneakers Chair Yoga: Class is designed to remove the barriers that some might have to joining yoga. Stretches and balance exercises are done in chairs and accompanied by breathing and alignment cues. There is also strong elements of relaxation. Everyone is invited!

Slow Flow Yoga: The slow flow yoga class is intended to ease into the yoga flows. This is a great class for beginners, those with arthritis, or those simply needing a little more time to warm-up their muscles and open the spine before going on to the yoga flows and balances. We will begin on the floor with breathing and exercises to mobilize the spine. The flows and stretches will come next, followed by some endurance exercises to strengthen the core. We will close with a few minutes of relaxed breathing and mindful relaxation of muscles from head to toe.

Spa Yoga: Are you a human being or a human doing? Today's world demands 'doing'. Spa Yoga allows you to be...be still, relaxed and pampered. Gentle stretching, low lighting, soft music, blankets and eye bags create an atmosphere where you won't want to leave.

Sunrise Yoga: A great way to get the body and mind in top shape for the day. Yoga will be combined with breathing and some relaxation to make you feel more refreshed and invigorated in a healthy natural manner. All levels welcome.

TRX Yoga: Take your yoga practice to the next level! Combining Yoga with the TRX suspension equipment will maximize body awareness and improve both muscle tone, endurance and balance.

Vinyasa Flow Power Yoga: A more vigorous approach to yoga with an emphasis on strength and flexibility great for those looking for a more athletic yoga practice. "Flow" between postures and work up a sweat!

Yogalates: Can't decide between Yoga and Pilates? Try Yogalates, a blend of the two methods that is sure you lengthen and strengthen your entire body.

FEE BASED PROGRESSIVE SESSION CLASSES

Progressive Session Integral Yoga: This class focuses on yoga poses to increase strength and flexibility while encouraging a state of ease, comfort, and relaxation. Dates: Jan 16th-Mar 6th & Mar 20th-May 8th; \$60 (8 classes each session)

Progressive Session Meditation This 8 week class emphasizes creating a calm, peaceful, and alert mind using a variety of meditative techniques. Dates: Jan 22nd-Mar 8th & Mar 25th-May 13th; \$60 (8 classes each session)

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