

## Yoga Nook Class Descriptions 2012

### Yoga Therapeutics

Perfect for special needs populations, Arthritic change, MS, Fibromyalgia or returning to movement after surgery or a life change such as stroke. Gentle yet purposeful movement that helps you recover range of motion and confidence. Sold separately \$50 for 10 classes.

### Stress Relief & Stress Relief with Meditation

Breath work, Gentle stretches & Visualization Techniques. Treat yourself to this hour long retreat, reduce blood pressure and calm your mind. All levels welcome

### Yoga Beginner & Beginner/Level 1.

For the absolute beginner and the beginner who is moving on, these classes explain the poses in detail. Easy to follow instruction at a pace you can understand.

### Choga

No yoga experience is necessary. Great for pre and post natal. Expect work with Chairs, Blocks, Straps and Walls.

### Slow Deep Stretch.

Stretches that open the tight resistant places in your body. All levels welcome, though some yoga experience is helpful.

### Yoga Workout

Strength training, and core this class includes exercises for abs, upper & lower back, chest and arms as well as aerobic benefit from the power muscles of the lower body. All levels welcome no yoga experience necessary.

### A.I.M. Awareness, Integration and Movement.

Somatic movement works with deep attention to the "way" in which we move. Great for increasing movement awareness, rehabilitation, relaxation and just for fun! This class works towards one pose exploring all aspects of the opening. Offered at all levels and Level 1&2 (Some yoga experience is preferred for Level 1&2)

### Yoga Level 1 & Yoga Level 1&2

A combination class for graduating beginners and Yoga 1 students ready to move on for more challenge.

### Classic Yoga Level 1 and Level 1&2

A class that introduces vinyassa flow, linking the poses together and creating a choreographed series of yoga movements. This class may include introduction to inversions, and more challenging poses. Yoga experience necessary.

### Yoga Challenge 2&3

Please have a firm grasp of Asana before you attend this class. Vinyassa, Inversions and more advanced poses.

### Community Classes.

Join us for just \$10 a class for those classes marked on the schedule as "Community Classes"