

Yoga Nook @Fifth

Summer 2017
2017

690 D East Los Angeles Ave. Simi Valley 93065 (805) 390 8175

MONDAY

8:30-9:45 Yoga 1	Rachel
10:00-11:00am Yoga Stretch	Cindi*
11:30-12:30 Yogamobility	Cindi*
5:45-7:00 pm Sun Salutations 1&2	Di

TUESDAY

9:00-10:15 am Begin/Yoga 1	Annika*
6-7pm Community Yoga Level 1	Staff
7:15-8:30 pm Core & Yoga	Annika

WEDNESDAY

8:30-9:45 am Yoga Flow	Rachel
10:00-11:00am Gentle Yoga	Cindi*
7:00-8:15pm Yoga in Motion	Pat*

THURSDAY

9:00-10:15 am Begin/Yoga 1	Pat*
7:15-8:30 pm Yoga Flow	Sarah

FRIDAY

8:30- 9:45 am Yoga 1	Sarah
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SATURDAY

9:00-10:15 am Yoga 1/2	Staff
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***Teacher
Training
starts
August 2017
Call for details
Source
Summer
Series
coming in
late July
Workshops ,sound
healing***

Class Descriptions Yoga Nook @ Fifth

*** Beginning /Yoga 1/Gentle A** gentle class with a slower pace for beginners or all levels exploring the foundations of Yoga as well as moving onto level 1.

Yoga 1 For those with experience that enjoy a slower pace or beginners ready for a little more challenge. Classic Yoga Poses with variations.

Yoga 1/2 This class builds on the foundation of Yoga 1 with introduction to vinyasa flow, inversions and a faster pace. Some Yoga experience recommended.

*** Yoga Stretch** A gentle class with attention to breath while holding stretches for longer periods of time.

Yoga Flow Yoga Vinyasa classes with flowing movement. Build heat and get a workout. Yoga experience required.

***AIM** Awareness Integration & Movement is a Somatic exploration of movement. Easy, enjoyable and relaxing this class will help release stress and decrease discomfort. Relaxation is included at the end of this class. Great for "Any Body"

Core & Yoga Work for your core muscles accompanied by yoga postures to deepen your understanding of the core muscles in the practice. Some Yoga experience recommended.

***Yogamobility** A specially designed class for people recovering from injury or with limited range of motion.

Sun Salutations Steady flow class designed to build heat and move with the breath. Some yoga experience necessary.

***Yoga in Motion** Deepen your understanding of prana, chakras, meanings behind poses, mudras, and other aspects of philosophy while practicing asanas.

Community Yoga Level 1 practice taught by our latest graduates of our Yoga Nook 200 Teacher Training Program. \$5 drop in fee for non-members. Some yoga experience recommended.

Yoga Nook Class Fees & Class Packages

805 390 8175 www.YogaNook.net

Drop in (2 classes in 24 hour card) \$20

First Time Visit 3 classes for \$38

Unlimited 1 month \$95 (no Contract)

10 class card \$170

(valid 2 calendar months)

20 class card \$310

(valid 5 calendar months)

Student or Senior Rates

Must provide proof of status, Senior is 65+

Senior\ Student 20 class card \$190

(Take any class. Valid 5 calendar months)

Unlimited Memberships

Available From

\$75 Per Month

Second family member just \$30 a month

add to annual membership anytime.

Annual Unlimited Memberships include

both Yoga Nook Locations!

Annual Contract required.

Senior discount of 15% available off Regular Annual

Membership Price. No Senior discount available with

Membership specials.