

# Yoga Nook

Summer 2017

## MONDAY

7:40 - 8:40 am Meditation Donation \$3 Pat\*  
 9:00 - 10:15 am Yoga 1&2 Sarah  
 9:00-10:15 am *Yoga in Motion 1* Pat  
 10:30 - 11:30am Core&Yoga Sarah\*  
 5:30 - 6:30 pm Core&Yoga Sarah\*  
 6:45 - 8pm Yoga 1&2 Sarah

AIM  
Room

## TUESDAY

8:30 - 9:45 am Yoga Flow Jessica  
 10:30 - 11:30 am Yogamobility Yasa\*  
 4:30-5:30pm Core & More Jessica\*  
 5:45 - 7 pm Yoga 1&2 Yael  
 7:15- 8:15 pm AIM & Deep Stretch Jeni\*

## WEDNESDAY

9:00 - 10:15 am A.I.M Yoga 1 & 2 Jeni  
 10:30 - 11:30 am Beginning /Yoga 1 Di\*  
 5:30 - 6:30 pm Beginning /Yoga 1 Jeni\*  
 6:45-8:15 pm Yoga Challenge 2&3 Jennifer

## THURSDAY

8:30 - 9:45 am Yoga 1&2 Kim G  
 10:30- 11:30 am Yogamobility Kim G\*  
 5:45-7pm Sun Salutations 2 Di  
 7:15 - 8:15 pm A.I.M.& Deep Stretch Lisa\*

## FRIDAY

9:00 - 10:30 am Yoga 1&2 Jessica

Every Friday 7 to 8.15 pm  
**Restorative Yoga for Stress Relief**  
 \$10 drop in  
 Every 3rd Friday eve Yin Yoga

## SATURDAY

8:30-9:45 am Yoga Challenge 2 Staff  
 10 - 11:15 am Beginning/Yoga 1 Cindi\*

## SUNDAY

9:00 - 10:00 am Core&Yoga Barb\*  
 4:00-5:00 pm Core & Stretch Niki\*

\* = All level classes

# 4449 Cochran

## AIM Somatic Movement With Jeni

Relieve Pain, Re-Educate your muscles & eliminate movement habits. Soothe Tight Shoulders, Low Backs, and Hips. Injury Recovery, Post Surgery or just tune up your body.

Evening & Day appointments available.  
Call Jeni Direct.

805 390 8175 YogaJenToo@aol.com

### Private AIM Somatic Movement:

1st Session with Jeni \$89  
 Single session with Jeni \$69  
 4 Sessions with Jeni \$260  
 (Yoga Nook Member Discount Available)

## Yoga Nook Class Fees & Class Packages

Drop in (2 classes in 24 hour card) \$20  
First Time Visit Get 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)

### Annual Unlimited Memberships Available From \$75 month.

Second family member just \$30 a month  
 add to the above membership anytime.  
Senior discount of 15% available off annual memberships

### Limited Use Class cards

Yogamobility 10 class card \$60  
 (Only valid for Yogamobility classes)

**Student or Senior Rates...**  
 Must provide proof of status, Senior is 65+  
**Senior \ Student 20 class card \$190**  
 (Take any class. Valid 6 calendar months)

## **Class Descriptions** **Yoga Nook 4449 Cochran St.**

### **\* Beginning/ Yoga 1**

A great intro class or beginners exploring the foundations of Yoga as well as moving onto level 1.

### **\* Yoga for Stress Relief.**

Breath work, Gentle stretches, restorative poses, Visualization Techniques. Treat yourself to this 75 min. long retreat, reduce blood pressure and calm your mind. All levels welcome (\$10 Drop in fee)

### **\* Yin Yoga 3rd Friday of Month**

A Quiet Practice that draws openness to any closed spaces promoting a fluid flow of energy. All levels welcome, though some yoga experience is helpful.

### **\* Core & Yoga/ Core & More**

A workout for your core muscles....paired with yoga posture and relaxation to finish.

### **\* Yoga Motion.**

Deepen your understanding of prana, chakras, meaning behind the poses ,mudras and other aspects of philosophy while practicing asana.

### **Yoga 1&2**

For Yoga 1 students ready for more challenge. Yoga Poses with more variations and flow. (Friday 9am 90min class will add light breath work and slightly longer sivasana).

### **Yoga Challenge 2&3.**

Yoga classes with Vinyasa, flowing movement and held postures. Build heat and get a workout and in.

### **Yoga Flow**

Vinyasa, flowing from posture to posture accompanied by the breath. Some Yoga experience required.

**\* Yogamobility** A specially designed class for people recovering from injury or with limited range of motion. Great for post surgery, MS, Fibro. These Classes are sold in 10 class packages for \$60 (these classes only)

### **\* A.I.M. Awareness, Integration & Movement**

Improve your body awareness with this class. Move into postures with greater ease. Somatic movement that gets you out of your yoga Habits. Great for beginners and anyone enjoying a deeper understanding of posture.

### **Sun Salutations**

Slow and steady flow class designed to build heat and strengthen your body. Some yoga experience necessary.

### **\* Qi gong/Chi Kung & Tai Chi**

Life Energy Cultivation, aligning breath, awareness, movement and healing, with roots in Chinese medicine. Fluid movement, developing a calm restful state. Suggested donation members and non members \$5-\$10.

# 3 Classes

# for \$38

**Pay for 2 classes and get )  
One FREE when you visit  
us as a first time customer.**

# Yogamobility

**Get moving or keep yourself moving!**

**Great classes for improving Range of Movement. Designed for people with some Limitation. Gentle movement, taught in a chair, the teacher adapts for your needs. MS, Parkinson's, Stroke Recovery, Fibro, Arthritic Change.**

**Improve your mobility with**

## **YOGAMOBILITY!**

**Yoga Nook @ Fifth  
Monday 11.30am**

**Yoga Nook Cochran  
Tuesday/Thursday 10.30am**

**10 Yogamobility Classes \$60**

**(To attend Yogamobility classes ONLY)**