

# Yoga Nook @Fifth

Winter 2018

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 Yoga Flow 1&2

Di

## TUESDAY

9:00-10:15 am Begin/Yoga 1

Annika\*

6-7pm Community Yoga 1

Staff

7:15-8:30 pm Core & Yoga

Annika\*

## WEDNESDAY

8:30-9:45 am Yoga Flow 1&2

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\*

4:30pm Core & Yoga

Jessica\*

7:15-8:30 pm Yoga Flow 1&2

Sarah

## FRIDAY

8:30- 9:45 am Yoga 1

Sarah

## SATURDAY

9:00-10:15 am Yoga 1/2

Staff

***Change  
Your Life  
Yoga Nook  
Teacher  
Training  
Starts  
Jan.***

***26th ,27th ,28th***

***Call for more info and  
schedule an  
interview***

***805-390-8175***

# 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.

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

\* 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.

\* = All level classes, no experience necessary.

## Yoga Nook Class Fees & Class Packages

805 390 8175 [www.YogaNook.net](http://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 \$35 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.