

Yoga Nook @Fifth

Fall 2018

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

MONDAY

8:30-9:45am 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*

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*

THURSDAY

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

Pat*

4:30pm Core & Yoga

Niki*

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

Sarah

FRIDAY

8:30- 9:45 am Yoga 1

Niki

10-11am Yoga Stretch & Restore

Cindi*

SATURDAY

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

Staff

Upcoming Workshops

10/27 Dancing into Stillness

10/28 Chakra

Meditation Scarf

11/2 Sound Healing Meditation

11/10 Anatomy of the Breath

Refuge Recovery Meetings

*Every 2nd & 4th Friday
7pm @ Fifth*

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/ Stretch & Restore A gentle class with attention to breath while holding stretches for longer periods of time. Stretch and Restore will end with a few restorative poses.

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

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.