

# Yoga Nook

Winter 2019

## 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

9:00-10:15am Yoga Flow 1&2 Jessica  
 10:30 -11:30 am Yogamobility Tami\*  
 4:30-5:30pm Core & Yoga Jessica\*  
 5:45 - 7 pm Yoga 1&2 Yael  
 7:15- 8:15 pm AIM & Deep Stretch Jeni\*

## WEDNESDAY

7:45-8:45am Sunrise Yoga Jess\*  
 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\*  
 6:45-8:00pm Yoga Flow 2&3 Sarah  
 7-8:15pm Mindfulness in Your Pocket Pat/Jess\*  
*\*Donation based for all*

## THURSDAY

9:00-10:15am Yoga 1&2 Kim G  
 10:30- 11:30 am Yogamobility Kim G\*  
 5:45-7pm Yoga Flow 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 2+ Staff  
 10 - 11:15 am Beginning/Yoga 1 Tami\*

## 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 \$40

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 \$35 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 5 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/Yin (3rd Friday of Month)

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

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

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 2&3/2+

Yoga classes with Vinyasa, flowing movement and held postures. Inversions, arm balances and opportunity for physical challenge as well as opening the heart and mind. Yoga experience necessary.

### Yoga Flow

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

\* 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.

\*Sunrise Yoga Practice to invigorate and inspire you into your day. Flowing movements with breath and Sun Salutations to get your juices flowing. This is an all level class however some yoga experience is helpful.

Mindfulness in Your Pocket Learn to incorporate tools to help you move away from habitual patterns that cause stress, anxiety, depression, fear, addiction/cravings. Join us as we explore practices inspired by Yoga, Meditation, Somatic Exploration and breath work. Donation based for all. No one turned away. Suggested donation \$5

# 3 Classes for \$40

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)