

# Yoga Nook @Fifth

Spring 2019

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

Tami\*

5:45-7:00 pm Yoga Flow 1&2

Michelle

## 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 Yoga 1

Pat

6:30-7:45pm Yoga Flow 1&2

Niki

## FRIDAY

8:00- 9:45 am Yoga 1

Niki

10-11am Release & Restore

Cindi\*

## SATURDAY

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

Staff

## SUNDAY

5:45-6:45pm Restorative Yoga

Tami\*

*\$10 Restorative drop in for non members*

## Coming Events

*Friends Like  
Family  
Membership  
Special*

*Drum Circle @ Fifth  
Friday 5/10  
7pm*

*~The voice of your  
soul is breath~*

# 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/ Release & Restore A gentle class with attention to breath while moving at a “sloth” like pace, holding supported shapes, and melting into the poses. Release and Restore will end with a few traditional restorative poses.**

**Yoga Flow Yoga Vinyasa classes with flowing movement. Build heat and invigorate the mind body and soul . Yoga experience recommended.**

**\*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.**

**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. Starting in the Spring.**

**\* = 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 \$40**

**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.**