

# Yoga Nook @Fifth

Summer 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\*

## 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

## THURSDAY

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

Niki

## FRIDAY

8:30- 9:45 am Yoga 1

Niki

10-11am Release & Restore

Cindi\*

## SATURDAY

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

Staff

## Coming Events

*Yoga Academy  
Classes Select  
Sundays 9:30am  
@ Fifth*

*~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.