

## Yoga Class Schedule

Starts Wednesday May 7<sup>th</sup>, 2014

### Monday

9:30am-10:45am	Nav Dhillon	Gentle Yoga
11:00am-12:15pm	Nav Dhillon	Mixed Level
6:00pm-7:15pm	Lee Ann Maynard	Yoga 101

### Tuesday

10:00am-11:15am	Ashley Mangold	Intro to Ashtanga
11:30am-12:30pm	Cyndi Eaton	Chakra Yoga 1-2
5:45pm-7:00pm	Heather Fairman	Yoga 102
7:15pm-8:30pm	Heather Fairman	Spicy Yoga Flow

### Wednesday

1:45pm-3:00pm	Nina Alvarenga	Upbeat Vinyasa 1 - 2
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### Thursday

10:00am-11:15am	Caren Strait	Gentle Yoga
5:45pm-7:00pm	Nita Andrieu	Mixed Level/Intern.
7:15pm-8:15pm	Nita Andrieu	Dynamic Restorative

### Friday

10:00am-11:15am	Ashley Mangold	Vinyasa Flow 2 - 3
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### Saturday

8:00am-9:00am	Lee Ann Maynard	Yoga 102/Mixed Level
9:30am-10:45am	Nita Andrieu	Yoga 101

### Sunday

8:15am-9:30am	Nina Alvarenga	Soulful Sunday Yoga (Mixed-Level)
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## Yoga & Wellness Workshops

### Yoga Nidra Guided Meditation:

with Nav Dhillon, RYT 500  
This meditation is practiced by lying down.

Sunday May 4, 2014, 10:15 - 11:30 am

Fee: \$20

### Restorative Yoga:

with Nita Andrieu, E-RYT 500

Friday May 16, 2014, 5:30 - 7:00 pm

No yoga experience necessary!

Fee: \$25 in advance/\$30 day of, space allowing.

### 'New Moon' Meditation & Drumming Circle:

with Cyndi Eaton, RYT 200

We have drums for you, but please bring yours!

Friday May 30, 2014, 6:00 - 7:30 pm

Fee: \$20

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## Yoga Class Descriptions

**Yoga 101:** The 6 week curriculum (one class per week) is especially designed for new beginners and will give you an excellent foundation for practicing any style of yoga. No yoga experience necessary.

**Yoga 102:** In this 'beyond the basics' class, you will continue working on foundational skills such as correct alignment and sequencing groups of poses for a well rounded workout. You will learn new poses. The perfect class to take after have taken Yoga 101!

**Gentle Yoga:** This class is for you if you want to ease into exercise or have physical limitations that prevent you from joining a beginner's yoga class. Teachers work with the individual needs of each student.

**Mixed Level:** Students are guided into new postures and sequences with gradual increasing challenges in this pre-intermediate level class. Emphasis on alignment, flow and breath.

**Spicy Yoga Flow:** Explore the spicy side of yoga as Heather Fairman, RYT 200 breaks down challenging poses like inversions and arm balances into easy to understand sequences.

**Intro to Ashtanga:** A vigorous practice that will lead you through the Sun Salutations, the standing sequence, and the beginning of the first series or Primary. Prior knowledge about basic yoga is recommended.

**Soulful Sunday Yoga:** Nina Alvarenga, RYT 200 emphasizes aligning and opening in the yoga postures to create more space for energy to flow in the body. Modifications of postures are offered. Each class has a theme or goal posture as you practice to the beat of soul music from eras ago to ignite and feed your soul. Mixed/Intermediate.

**Vinyasa Flow:** An integration of movement with breath leading you through a unique and diverse range of asanas. This class is challenging and fun, variations are always offered. Level 1-2 is for yogis that have taken Yoga 101 and Level 2-3 is for yogis that have some experience with yoga.

**Chakra Yoga:** Cyndi Eaton, RYT 200 will guide you through different asanas (postures) to help balance your chakras (energy centers in the body that correspond to the glands of the endocrine system). You will also have the choice of receiving Reiki during savasana for a little extra healing. It's the perfect mid-day treat!

**Dynamic Restorative:** Action meets relaxation with emphasis on holding asanas with the use of props in this unique class with Nita.

### CLASS FEES

#### For Beginners only:

\$60 / 6 classes (Tuesdays or Saturdays)

\$110 / 12 classes (Tuesdays & Saturdays)

#### Gentle Yoga:

\$48 / 6 classes Drop in: \$10

Monthly Unlimited: \$59

8 week Flex Cards: 4 Class Card: \$56  
6 Class Card: \$78  
8 Class Card: \$90

Drop in: \$18

Website: [www.yogainlasvegas.com](http://www.yogainlasvegas.com) 702.458.8088