Tri Main Center
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FEBRUARY 2012 SCHEDULE

*Classes in **bold** font are beginner / senior appropriate.

Monday	6:00-7:15pm	**Bhakti Jam Yoga** All Levels	Annie
	7:30-8:30pm	**Meditation** *donation based class	Annie
Tuesday	9:30-11:00am	**Alignment Yoga** All Levels ($10)	Lizzi D
	Noon-1:00pm	**Lunchtime Yoga** ($10)	Nicole
	6:00-7:15pm	**Flow with Grace –** Beginner / All Levels	Connie
	7:30-8:45pm	**Gentle / Restorative**	Cynthia
Wednesday	6:00-7:45pm	Women's Dakini Spirit Flow – Level 2/3 *donation based class	Joy
	8:00-9:15pm	Holistic Happy Hour/ Scheduled Events	Various
Thursday	6:00-7:15pm	Vinyasa – Level 2	Lizz C
	7:30-8:45pm	**Gentle / Restorative / Intro To Yoga**	John
Friday	7:00-8:30pm	Holistic Happy Hour / Scheduled Events	Various
Saturday	8:00-9:15am	**Tai Chi**	John
	10:00-11:30am	Vinyasa – All Levels	Megan
	11:45-1:15pm	**Gentle Realign / Restorative** ($10)	Lizzi D
Sunday	10:00-11:30am	**Slow Flow w/Meditation**	Jacky

PRICES & REGISTRATION

Single Class - $15

5 Class Pass - $65 (valid for 6 months)

10 Class Pass - $115 (valid for 1 year)

20 Class Pass - $200 (valid for 1 year)

One Month Unlimited - $120

Three Month Unlimited - $300

Discounts & Special Offers:
10 class pass for Students & Seniors (over 65) only $95

New Members:
$40 for Two Week Unlimited amount of yoga!

Independent Health Flex Fit:
Use for any class pass or 25 classes $250

CLASS DESCRIPTION & SERVICES

Alignment- Create awareness & correct posture through an Iyengar inspired approach. Break down each pose and build a foundation to your practice by learning precise alignment and muscle activation.

Bhakti Jam- Bhakti is the path of the heart, devotional ignited relationship to yourself, and your Self. This class is a dynamic blend of styles. Appropriate for beginners & experienced practitioners, it is a perfect environment to get foundational information about correct anatomical alignment during the practice. Bhakti Jam is challenging, yet we honor our limitations without ever sacrificing optimal training.

Dakini Spirit Flow: Women's Yoga Class & Spirit Gathering- An inspired practice created to bring about the awakening and liberation of the Divine feminine. Each week we will offer a fusion of creative vinyasa flow, inspired chanting, meditation, and the opportunity to share what we've experienced on our paths in a unique and supportive environment.

Flow with Grace- Cultivating body awareness on and off the mat inspired by Anusara yoga techniques.

Gentle Realign/Restorative- Discover the healing power of yoga through correct alignment and the support of props. Suitable for beginners, those recovering from injury or just wanting to slow down and recover at the end of a tough week. This gentle Iyengar inspired class will help you to feel realigned, relaxed, and renewed.

Gentle/Restorative- Recovering from an injury, living with pain, or stressed out? Restorative is "Active Relaxation", using the support of props in a passive pose to release deeply held tensions, soothe the nervous system for a therapeutic result.

Holistic Happy Hour- Variety of workshops and activities to get to know yourself in a different way. Call or check website for details on upcoming events.

Intro to Yoga- Gentle introduction to the basic principles of yoga. Describe, demonstrate, instruct poses and breath-work specific to improving posture, increasing strength, flexibility and energy levels while reducing stress.

Slow Flow with Meditation- A series of gentle postures flowing together to improve breathing, flexibility, balance, overall health and awareness of love for yourself, and the connection between mind, body & spirit; and to calm the mind for a 15 minute seated meditation at the end.

Tai Chi- The ultimate martial art form that moves life force energy creating balance and well-being.

Vinyasa Yoga- means "mindful flow" or "sequence". An enlivening flow of postures, breath and movement to enliven spirit, awaken and purifies the body and mind.

Reiki & Massage- Many of our teachers are also certified Reiki Practitioners and Licensed Massage Therapists. Available by appointment.

Last updated 1/29/12