



December 2019 Weekly Class Schedule

All classes offered as drop-in. Foundations, Restorative and Yin classes are suitable for beginners.
yogahour® is suitable for fit beginners without injuries or serious physical limitations.
(please see on-line schedule for teacher substitutions, month-long subs shown in brackets)

Class Descriptions

Foundations - Learn the foundations of yoga postures (Asana), breathing techniques (Pranayama) and other yogic practices by developing breath & body awareness. Suitable for ongoing students and beginners.

Expanding - Expand your knowledge of Asana, Pranayama and other yogic practices. May include full inversions and deep backbends.

Restorative - Cultivate deep relaxation, self-awareness and healing through a quiet practice that uses props to allow the body to settle into tension-relieving poses.

Yin - Release deep tissue tension through long holds and slow movement, improving flexibility and increasing circulation in the joints.

Yin/Yang - Yang yoga is a term used to describe the more dynamic and active forms of yoga. Hatha yoga and flow yoga could be called a yang practice. Yang yoga poses often emphasize strength and endurance, they are active, powerful, and generate heat in the body. This class starts off active and ends gently.

yogahour® - Sweat through a fun, fast-paced sequence of postures designed to be the most difficult AND doable 60-minute practice anywhere. Expertly taught by teachers trained in this style. Affordable - only \$10 drop-in. Accessible to fit beginners without injuries or serious physical limitations. note: gently-heated environment (if natural temperature is below 27C).

FeetUp® - Invert safely and easily using a headstand prop. Achieve inverted postures in a unique and gentle way. The weight of your body does not rest on your head, but is evenly spread on your shoulders. Thus your head hangs without strain and your cervical spine is gently stretched in a healthy way. Class will include core strengthening and other postures. Class size limited to 11.

Foundations + Meditation: Meditate for short periods of time in a comfortable position during your Asana practice to promote more ease in the body and a deeper connection to one's inherent wisdom.

Yoga Nidra - Rest as you lie down with blankets, bolsters, and eye pillows. Learn how to cultivate a state of consciousness that is deeply relaxed, while highly attuned and alert - without having to move a muscle. Only \$8.

Community Class - a Foundations class taught by recent graduates of our yoga teacher training program. Only \$8. All proceeds donated to charity.

Kirtan - singing and chanting in Sanskrit and English. \$10 suggested donation. Held the second Friday of every month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00 am Expanding Carrie	7:00 - 8:00 am Expanding + FeetUp® Ida	7:00 - 8:00 am Expanding Carrie	7:00 - 8:00 am Expanding + FeetUp® Ida	7:00 - 8:00 am Expanding Carrie	8:00 - 9:00 am yogahour® Dallas	
9:30 - 11:00 am Foundations Melissa	9:30 - 11:00 am Foundations + Meditation Kelly	9:30 - 11:00 am Expanding Andrea	9:30 - 11:00 am Foundations Dallas	9:30 - 11:00 am Foundations + Meditation Ocean	9:30 - 11:00 am Expanding Andrea	9:30 - 11:00 am Expanding Crista
					9:45 - 10:45 am Moon Studio yogahour® Mariko	9:45 - 10:45 am Moon Studio yogahour® Mariko
		11:45am - 12:45 pm Foundations Melissa			11:30 - 1:00 pm Foundations Tersia	11:30 - 1:00 pm Foundations + Meditation Sarah Jean
11:45am - 12:45 pm Foundations Adele	11:45am - 12:45 pm Moon Studio yogahour® Ida	12:00pm - 12:45 pm Moon Studio FeetUp® Ida	11:45am - 12:45 pm yogahour® Ida	11:45 - 12:45 pm Foundations Ida		
1:00 - 2:00 pm Moon Studio yogahour® Chantelle	1:00 - 2:30 pm Restorative Misha	1:00 - 2:00 pm Moon Studio yogahour® Ida	1:00 - 2:30 pm Moon Studio Restorative Dallas	1:00 - 2:00 pm Moon Studio yogahour® Dallas	1:30 - 2:45 pm Foundations Community Class TTP Grad	1:30 - 2:30 pm yogahour® Jen
		4:15 - 4:55 pm Yoga Nidra Jenn		4:00 - 5:00 pm yogahour® Chantelle	4:30 - 5:30 pm yogahour® Mariko	4:30 - 5:45 pm Foundations Community Class TTP Grad
4:45 - 6:00 pm Restorative Andrea	4:45 - 6:00 pm Moon Studio Expanding Crista	5:00 - 6:00 pm Restorative Jenn	5:00 - 6:00 pm Foundations Sophie			
5:30 - 6:30 pm Moon Studio Foundations Sophie	5:30 - 6:30 pm Foundations Dallas	5:30 - 6:30 pm Moon Studio Foundations Adele	5:45 - 7:00 pm Moon Studio Yin/Yang Tersia	5:30 - 7:00 pm Restorative Adele		
6:15 - 7:15 pm yogahour® Sarah	6:15 - 7:15 pm Moon Studio yogahour® Heidi	6:15 - 7:15 pm yogahour® Chantelle	6:15 - 7:15 pm yogahour® Chantelle			6:00 - 7:30 pm Yin Brad
6:45 - 8:15 pm Moon Studio Foundations & Med Ocean						
7:30 - 9:00 pm Candlelit Yin & Meditation Nyk	7:30 - 9:00 pm Yin Brad	7:30 - 9:00 pm Candlelit Yin & Meditation Nyk	7:30 - 9:00 pm Yin Brad	7:30 - 9:00 pm Expanding + Live Music Ann-Kathrin + Jordan (December 6 only)		