

Yoga Descriptions

Beginners / Gentle Yoga: For beginners and those who like to keep it basic. Students are immersed in the fundamentals of Yoga. You will be instructed and supported in learning the process of proper alignment in the poses, breathing techniques, the use of props in your practice to build confidence in your yoga postures, as well as introductory meditation and relaxation techniques.

Beginners Hatha: Great for the beginner as well as the seasoned Yogi. This class will increase strength and flexibility, open channels of energy through proper alignment and you will learn to let the breath ignite the movement. Sun Salutations will be introduced and will offer modifications to keep your body healthy as your practice grows.

Restorative Yoga: This is a class for everyone. It is a practice that stimulates the relaxation response by using calming, supported poses; focused breathing techniques; which leads to the stillness of meditation. Let your body and mind restore and heal from the stress of the fast paced world that we live in.

Therapeutic Flow: A therapeutic sequence of movements and breath to open energetic pathways and calm the mind while increasing your flexibility, focus and well-being. Great for those who need to take it slow and heal.

Meditation: In the tradition of Yoga we start with: 1. Asana (poses) to release our active minds and frenetic energy; Pranayama (breath) to fill ourselves with life force, calming energy and giving our minds something to focus on. Many things will rise to the surface during meditation; feelings, thoughts, bodily sensations but learning to let go of them and powerfully be in the present moment will eventually lead us to freedom.

Prices for Yoga Classes:

Special Promotions: 1) *10% off for St. Mary's Personnel & family with ID badge and Senior citizens over 62 y/o; **2)** Other promotion(s) may apply

New Student Special \$40.00 for 2-week unlimited

Walk-in (1-class)	\$12.00
5-Class Pass	\$55.00
10-Class Pass	\$90.00
Monthly (30-day) Pass unlimited	\$95.00
20-Class Pass	\$170.00
Quarterly (90-day) Pass unlimited	\$220.00
Semi Annual (180-day) Pass unlimited	\$430.00
Yearly Contract Pass unlimited	\$700.00

Prices for Tai chi Classes:

Beginner:	10-week Pass	\$140.00	(\$70 / 5-week)
Intermediate:	20-week Pass	\$220.00	(\$110 / 10-week)
Advanced:	20-week Pass	\$220.00	(\$110 / 10-week)