



## New to Yoga & Pilates

Here are a few class suggestions for those of you who are new to yoga or to our studio.

<b>Monday</b>  Restorative Yin Yoga with Yvette @ 11:00am  Gentle Yoga with Susan @ 3:00pm  Yoga for Meditation & Stress with Wendy/Dr. Mary @ 7:30pm	<b>Tuesday</b>  Hatha Yoga with Pauline @ 7:15am
<b>Wednesday</b>  Alignment Yoga with Wendy @ 9:15am  Svaroopa Yoga with Laurie @ 11:00am  Hatha Yoga with Wendy O. @ 6:00pm  Chakra Yoga with Alison @ 7:30pm	<b>Thursday</b>  Hatha Yoga with Marina @ 9:30am  Dance Fitness with Wendy @ 11:00  Yoga for Meditation & Stress with Pauline @ 7:30pm
<b>Friday</b> Hatha Yoga with Susan @ 7:15am  Hatha Yoga with Wendy O. @ 10:45am  Svaroopa/Yin Yoga with Laurie/Yvette @ 12:30pm	<b>Saturday</b>  Hatha Yoga with Wilda @ 11:30am
<b>Sunday</b>  Hatha Yoga with Danielle/Pauline @ 8:30am  Essential Mat Pilates with Wilda @ 10:00am  Intro to Yoga with Ashley @ 11:15am	<b>Important things to know:</b> - Always remember to let the instructor know if it's your first class or you have any injuries or concerns.  - Listen to your body & respect it, only go as deep as it allows you, do not push yourself.  - The instructor is there to help you by modifying the poses so you will not get injured and/or push your practice to the next level. She may need to correct your position in order to achieve this.

**Active/Restorative Yoga**

This class is great for people new to yoga and/or with limited range of motion and/or physical restrictions. This class incorporates Thai Yoga body work, breath, and slow holding postures/stretching. It's a great way to transition from a busy day to a calming night, ready for a restful sleep.

**Alignment Yoga** This style is a variation of Iyengar Yoga created by BKS Iyengar. It emphasizes the development of strength, stamina, flexibility, and balance, as well as concentration and meditation. Iyengar Yoga is characterized by great attention to detail and precise focus on body alignment. Iyengar yoga is useful in physical therapy because it assists in the manipulation of inflexible or injured areas.

**Ashtanga Inspired Flow** is a fun blend inspired by the traditional Ashtanga yoga system and the Ashtanga yoga Rocket. It will explore Vinyasa and sequencing from those in the first series and the rocket of the Ashtanga yoga system. Vinyasa helps to increase the body's flexibility, heat and detoxifying process from the inside out. This class will follow the flow and method of a traditional Ashtanga class with introducing some of the strengthening and inversion postures from The Rocket to add a little room to play, have fun and build some strength.

**Chakra Yoga** includes techniques that specifically focus on mind over matter. It allows you to move through and fully connect with different levels of chakra, also known as energy like vortexes within the body. This class includes postures and exercise moves that work to balance physical parts within the body while meditatively and physically renewing organs, cells and other anatomical building blocks.

**Detox/Yoga** In this class you will learn specific poses and techniques to cleanse your body and boost your immune system. The poses will help you identify and connect to the Lymphatic System, our body's natural defense mechanism against illness & disease. With the assistance of the doctors of Healing Touch Oriental Medicine and Wendy, we will identify and stimulate the endocrine glands, flush our internal organs with twists and inversions (and water!) and learn why yoga is such a powerful healing tool that can transform you on a cellular level. You will leave with self-healing tools that can empower you to be your own inner physician.

**Hatha Yoga** is a practice where the root and essence of various postures are explored through alignment, breath, gentle flowing movements and meditation. This style is like the 'tree trunk' of all yoga, combining characteristics of all the other branches of yoga. Open to all levels, with some previous yoga experience.

**Intro to Yoga/Gentle Yoga** For the beginner, intro is a great place to start. It will introduce you to the fundamentals of yoga, pranayama breath control, the eight limbs of yoga, meditation, calming the mind, and basic asana. Intro will create a solid foundation for you to move on to the more advanced classes.

**Svaroopa Yoga** releases the tensions in the deepest layers of your body – the layers of muscles wrapped around your spine. This style of yoga teaches different ways of doing familiar poses, emphasizing the opening of the spine by beginning at the tailbone and progressing through each spinal area.

**Yin Yoga** This is a great restorative class. Yin Yoga will have you holding deep stretches for longer periods of time allowing the body to stretch deeper into the muscle. By adding Yin Yoga into your practice, the body's connective tissue and joints will improve; allowing you to go deeper into your poses.

**YIN/Yang Yoga** Enjoy the benefits of the strength and stretch with yang yoga while allowing your body to melt into more passively held stretches that typify yin yoga. Moving mindfully from one pose to the next you will feel the natural progression of the practice from beginning to end. Each class starts with a warm-up and breathing practice, moving with increased focus and intention to more strength building poses and closing with deeply held stretches. You will gain strength and flexibility.

**Yoga Therapy** This class can also be considered "active relaxation". It will explore many of the functional yoga postures; sound positions utilizing equipment and props to create a safe, yet, challenging workout for participants who have had an injury or are rehabilitating. It is an excellent class for injury prevention.

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