



# Body & Soul YOGA & FITNESS SCHEDULE

	PARADISE	BELLA
<b>mon</b>	8:00-8:45 CORE: TOTAL BODY CONDITIONING 9:00-10:15 YOGA 5:30-6:30 YIN YOGA Julia Karen Bridget	
<b>tues</b>	8:30-9:20 9:30-10:30 YOGA + PILATES 5:00-6:00 YOGA 6:00-7:00 6:15-7:15 SITTING MEDITATION (FREE-BEGINNERS WELCOME) Jeff Wright	BARRE + STRENGTH Carol BEGINNER YOGA Bridget
<b>wed</b>	8:00-8:45 CORE: TOTAL BODY CONDITIONING 9:00-10:15 YOGA 4:30-5:30 YIN YOGA FLOW 5:30-6:15 Julia Karen Julia	YOGA NIDRA Bridget
<b>thur</b>	8:30-9:20 9:30-10:30 YIN YOGA 5:00-6:00 6:00-7:00 YOGA Tobey Susan	BARRE + CARDIO Carol YOGA Michelle W
<b>fri</b>	8:00-8:45 YOGA + PILATES 9:00-10:15 YOGA 10:30-11:30 RESTORATIVE YOGA 4:30-5:15 YOGA (FREE) Tobey Karen Karen Rotating Student	
<b>sat</b>	7:30-8:30 YIN YOGA 9:00-10:00 YOGA 10:30-12:00 YOGA THERAPY (1st Saturday*) 10:30-12:00 YOGA PHILOSOPHY FLOW (2nd Saturday*) Julia Julia Cathy Corkery Jai Ram	
<b>sun</b>	9:00-10:15 YOGA Kelly + Michele C + Katie	

*New Members* **FIRST WEEK FREE** *for area residents!*

**10% DISCOUNT**

*for full time college students, veterans, seniors, and co-habiting couples.*

\*Excludes EBP.

**\$65 MONTHLY UNLIMITED CLASSES (Auto Pay)**

If you practice 1-2 times per week, this membership is your best value:  
 2 x week = \$8.13/class    3 x week = \$5.42/class    4 x week = \$4.06/class

**\$70 MONTHLY UNLIMITED CLASSES (Regular Payment)**

**\$13.50 DROP IN**

**\$110 TEN CLASS PUNCH CARD**

**\$200 TWENTY CLASS PUNCH CARD**

\* **YOGA THERAPY:** First Saturday each month. Pre-registration and prepayment required.

**\$25 members/\$30 non-members**

**YOGA PHILOSOPHY FLOW:** Second Saturday each month.

**EQUIPMENT-BASED PILATES**

**\$18.50** per class with the purchase of a 10 class punch card

OR

**\$20** drop in fee

OR

use two punches per class when using your Body & Soul Yoga/Fitness punch card.

**EBP PUNCH CARD**

*holders (doing 2+ classes/week) receive 50% off Yoga/Fitness Unlimited Classes Membership.*

Visit **relaxlivewell.com** for all class descriptions, instructor bios, class cover, to purchase memberships or to register for an EBP class.



**Like us on Facebook to see class cover and updates.**

**WELLNESS CENTER AND SPA**

2728 Asbury Rd. - Fountain Park

**(563) 556-9642**

*“Be with those who help your being.”*

- Rumi

# YOGA & FITNESS CLASS DESCRIPTIONS

*Our classes are taught with modifications of intensity to accommodate and challenge you no matter your level of fitness. All fitness and experience levels are welcome. If you are new, please let the instructor know at the beginning of the class. We want you to have a fabulous experience and to feel safe at the same time.*

**NOTE:** Class titles that include a + sign indicate that a balance of both workouts will be included. Attending a variety of classes is highly recommended to maximize strength, weight-loss/maintenance, flexibility & overall fitness

## **ALL CLASSES OPEN TO 14+ YEARS (not suitable for younger)**

### **YOGA**

In this open-level class you'll experience all the benefits of yoga - body alignment, breathing and relaxation techniques within the flow of the practice. We practice poses (asana), breathing well and sequencing to bring balance to your mind, body and spirit.

### **RESTORATIVE YOGA**

This class builds a safe, comfortable environment for participants to be guided into a blissful state of deep relaxation using longer supported postures and breathing techniques. You'll leave feeling refreshed, inspired and restored.

### **CORE: TOTAL BODY CONDITIONING**

This conditioning class targets the common problem areas and incorporates a mixture of core strength work, stretches and exercises for the legs, thighs, buttocks and stomach areas. If you want to get a firm core and tone deeply, this is a great workout for you!

### **YIN YOGA**

A perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin poses are held for a period of time during which we apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation and mobility in the joints.

### **YIN YOGA FLOW**

A flowing hatha practice is woven together with Yin poses to create a powerful fusion flow. Yin poses are held for approximately 3 minutes to enhance the flow of prana (life force) in the tissues around the joints, where energy often stagnates.

### **YOGA NIDRA**

Yoga Nidra, or 'yogic sleep' is a deeply relaxing, meditative and healing practice. It has been used for centuries to achieve the deepest possible state of physical relaxation while maintaining consciousness. Said to be yoga's best kept secret, regular practice of Yoga Nidra is a mentally and physically stress-releasing tool for positive change while employing the power of intention to manifest well-being. The class consists of brief, gentle movement to get the energy pathways open with the majority of the time spent in deep physical relaxation while consciously aware. While the body is in this deepest conscious 'sleep' the mind is guided into meditation techniques that relax the nervous system and use the deep brainwave state's creative power of manifestation. This is the ultimate relaxing, healing and manifestation tool!

### **BEGINNER YOGA**

Never practiced yoga? This class is a gentle way to learn more about yoga in a safe and relaxing atmosphere. Students will learn the benefits of yoga, incorporating basic yoga asana (postures), proper yogic breathing, and relaxation techniques to suit all levels and ages. This is an excellent introduction for new students and also great for the intermediate/experienced student looking to fine tune their practice.

### **YOGA + PILATES**

Emphasis on strengthening the core (lower abdominal and postural muscles), using classical mat Pilates exercises infused with yoga poses to increase strength and flexibility.

### **BARRE**

Designed to effectively strengthen, tone and balance the entire body. We offer fat burning workouts that integrate the use of the barre and various props. Focus on form and precision while performing small isometric movements as instructors emphasize basic alignment, foundation, and specific actions.

### **BARRE + STRENGTH**

With the use of light hand weights and the barre, train your legs, arms, and core toward the look and alignment of a well-defined athlete or dancer.

### **BARRE + CARDIO**

Using the same micro movements to deeply tone and shape your muscles as in our standard Barre class and adding calorie burning, heart rate inducing cardio along with it.

### **MEDITATION . . .**

"Sitting in stillness is the foundation of personal transformation. And, because stillness breeds stillness, sitting with others is a powerful advantage in this practice." – Jeff Wright. Join Jeff every Tuesday evening from 6:15-7:15pm for an hour of community in deep silence. Jeff will be available before and after each session to help you with any difficulties you may be having with your practice. Jeff Wright, MA, E-RYT500, holds degrees in philosophy and pedagogy and has an advanced certification in hatha yoga instruction. He has been practicing, teaching, and writing about yoga for most of his life: 45 years of practice, 30 years of teaching. His most recent book is Way of Stillness. Open to all!

### **YOGA PHILOSOPHY FLOW or Vidyā Vinyasa Yoga**

Vidyā is the Sanskrit word for knowledge and learning = philosophical knowledge. (Moreover, vidyā is an epithet of Sarasvati, the Hindu Goddess of Wisdom. Sarasvati purifies and uplifts each individual with her divine, spiritual, and feminine energy.) Vinyasa may be translated in many ways. However, from the Sanskrit Vi means: variation or in a special way and, Nyasa means to place. Hence, Vinyasa may be understood as: the sequential movement, or placing, of postures in a continuous flow, linked with the breath. Yoga means union. Thus, Vidyā Vinyasa Yoga means asanas practiced with yoga philosophy that link Body, Breath, and Mind together allowing each student to feel their own divine, spiritual energy. Vidyā Vinyasa Yoga will incorporate a full range of yoga techniques, such as: asana, pranayama, bandhas, mudras, and psychic sleep – together with yoga philosophy drawn from classical and contemporary sources. Our practice will purify and uplift the student with the divine, spiritual, and feminine energy of the Goddess of Wisdom.