

New Life Massage & Whole Living Solutions

# Yoga & More

## Instructors

Toby Mohlman      Tiffany Barbarine  
Lana Sevel        Kara Dolan-Laudi  
Mesha Moor        Jennifer Papanikolaou

## Pricing

Pilates Classes \$15 or 5 for \$65 - Jennifer  
Yoga Class \$12 – Tiffany, Lana, Toby  
Yoga Classes \$14 or 5 for \$60 – Kara  
Yoga Workshops & Series – Varies. See website for details



**New Class**  
**Pilates**

***Fridays*** 7:00 am – 8:00 am

## Sunday

## Mondays

5:45 pm Beginner's Hatha Yoga with Kara

## Tuesdays

9:30 am Pilates with Jennifer  
7:15 pm Yoga Basics with Toby

## Wednesdays

5:15 pm All Levels Flow with Lana

## Thursdays

9:30 am Pilates with Jennifer  
5:45 Beginner's Hatha Yoga with Kara  
7:00 pm – Gentle Restorative Yoga with Kara

## Fridays

7:00 am Pilates with Jennifer

(Contingent on 3 person minimum. Sign in required)

❖ Evenings – Special Events (registration required)

## Saturdays

9:00 am 75 Minute Vinyasa Level II (Warm) with Tiffany  
10:30 am All Levels Vinyasa Flow I (No Heat) with Tiffany

### **Hatha Yoga/ Beginner's Hatha Yoga**

This is a traditional class. It focuses on controlled breathing and short-held poses. Comprised of standing and seated postures that will move you towards a place of daily strength, flexibility, and vitality. Appropriate for all levels.

### **All Levels Flow**

An exploration of yoga, blended to integrate postures that invite whole body participation. We will incorporate stretching, breathwork, and more active movement intended to encourage alignment and balance. Accessible to all levels.

### **Yoga Basics/Beginners**

Beginners, returning yogis and competitive athletes will increase range of motion in joints and create openness throughout the body. You will become familiar with alignment focused postures that bring integrity of health and a stronger connection between the mind, body and heart.

### **Gentle/Restorative Yoga**

This class is truly beneficial *for* every "body". Perfect for those who wish to start a yoga practice or for tired over worked bodies. Feel your "self" peel open from within layers of stress and unwind in a noncompetitive, warm, welcoming atmosphere.

### **All Levels Vinyasa Flow**

With attention to breath and alignment, this smooth and fluid yoga practice will gently strengthen the body and calm the mind. **No heat, All levels**

### **Vinyasa Level II**

This Vinyasa style class, at 83-85 degrees, is for intermediate to seasoned yogis. It will require at least 5 basic and/or slow yoga flow classes under your belt, a sweat towel and bottle of water. By softening the mind and connection to breath, you will be returned a stronger, more flexible body and happier heart. **Intermediate/Advanced**

### **Pilates**

Pilates is a method of body conditioning that focuses on developing a strong core, while improving flexibility, coordination, and balance. Emphasis is placed on correct alignment, breathing, control, and concentration. Pilates will enable you to lengthen and tone your muscles, decrease stress, improve your focus, and repair your body while improving posture. Pilates enhances daily activities as well as sports performances. **All levels.**

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