

# Yoga & More



## Warm Powerful Yoga

Warm yoga is a powerful yoga practice that can be intense on many different levels. In hot yoga, yoga is done in a heated room where temperatures range between **80 to 85 degrees**.

The heat increases blood flow in the body, allowing a heightened cardiovascular experience. Breath is linked to movement, and the practice will lengthen and strengthen the mind, body and soul. This class is not recommended for new students.

## Morning Slow Flow (warm) Flow

A mindful, slow flow of gentle poses with attention to breath in a heated room between **83-85** degrees. Take this time to start your day with this relaxing yoga experience while exploring the breath and movement. Perfect for the students who are looking for a little more beyond beginners.

## Chair Yoga

Chair yoga is wonderful option for those who cannot easily get up and down from their yoga mat. A regular yoga practice can provide countless physical and mental benefits. Even after one yoga practice you can expect to walk away feeling calm, relaxed, buoyant, more balanced and refreshed.

Chair yoga is a series of sequenced movements that connect with your breath to achieve a continuous flow like Vinyasa (using a mat) yoga but with the stability of using a chair.

## Instructors

Toby Mohlman	Tiffany Barbarine
Lana Sevel	Kara Dolan-Laudi
Laura Bender	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 & Laura

Yoga Workshops & Series – Varies. See website for details

## New Yoga Classes

**Warm** Powerful Flow with Lana Mondays 5:30 pm

Chair Yoga Wednesday afternoons with Lana 4:15 – 4:45pm

## Gentle Chair Yoga Workshop

September 16th

2:00 – 3:00 pm

\$25

Sign up on line or give us a call!

## Sunday

## Mondays

5:30 pm Warm Powerful Yoga with Lana

## Tuesdays

9:30 am Pilates with Jennifer  
5:30 Beginner's Hatha with Kara  
7:15 pm Yoga Basics with Toby

## Wednesdays

4:15 pm Chair Yoga with Lana  
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

❖ 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

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### **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.**