

Yoga San Angelo Class Schedule 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30 am- 6:30 am Hot Yoga with Tiana				
9:15 am - 10:15 am Gentle Yoga with Tiana	9:15 am - 10:15 am Gentle Yoga with Brea	9:15 am - 10:15 am Kundalini with Alicia	9:15 am - 10:15 am Hatha Yoga with Tiana	9:15 am - 10:15 am Gentle Yoga With Brea	10:00 am- 11:15 am Hot Yoga with Brea	
12:00 pm - 1:00pm Meditation with Brea/Kim				12:00 pm - 1:00pm Vinyasa with Brea		
4:00 pm – 5:00 pm Gentle Yoga with Kim		4:00 pm – 5:00 pm Gentle Yoga with Kim				
6:00 pm – 7:15 pm Hot Yoga with Brea	6:00 pm – 7:15 pm Vinyasa with Kim	6:00 pm – 7:15 pm Hot Yoga with Brea	6:00 pm – 7:15 pm Gentle Yoga with Kim	6:00 pm – 7:15 pm Hot Yoga with Brea		

Yoga San Angelo 63 N Chadbourne St.

325-617-2826

www.YogaSanAngelo.com

Gentle Yoga - A beginner-friendly class that covers the basics of yoga posture and teaches how to incorporate the breath and build mind-body connection. This class is designed to encourage awareness, relaxation, and restoration. Every Body welcome!

Hatha Yoga - Focuses on the fundamentals of yoga posture (asana) and how to connect movement with breath to create fresh energy flow in the mind and body. This gentle but strengthening class focuses on alignment and body awareness, nurturing the body into stillness. All levels welcome!

Vinyasa - A beautiful practice linking breath and movement that builds heat and strength - expect a challenging class that opens pathways for higher growth!

Hot Yoga - A uniquely sequenced vinyasa flow in a heated room. We move, we breathe, and we sweat! Emphasizing foundational awareness, core strength, and detoxification, this class builds strength, flexibility, endurance, and body awareness. Exhilarating and Cleansing! Bring water and a small towel.

Kundalini Yoga - Kundalini Yoga is called the Yoga of Awareness. This is considered an ancient technology which harnesses the mental, physical, and nervous system of the body. Kundalini Yoga combines Pranayama (Breath Work), Mudras (Hand Positions), Asanas (Postures/Poses), and Meditation to balance the glandular system, strengthen the nervous System, expand lung capacity, and purify the body. It brings balance to the Body, Mind, and Soul. Sound therapy is also offered during Kundalini Yoga using Crystal and Tibetan bowls, and the Gong. This class is appropriate for all levels.

Meditation Class - This class offers an introduction to a variety of beneficial meditation techniques that balance the systems of the body and encourage peace of mind. These techniques offer a positive way to explore body breath awareness, encourage peace of mind, and increase focus and vitality.