

# Yoga San Angelo Class Schedule

| Monday  | Tuesday                                      | Wednesday                                    | Thursday                                     | Friday                                     | Saturday                            | Sunday                           |
|---|--|--|--|--|-------------------------------------|----------------------------------|
| 6-7:00 am<br>Mixed<br>Movement<br>Jonathon    | 7-8:00 am<br>Power Yoga<br><br>Brea          | 6-7:00 am<br>Mixed<br>Movement<br>Jonathon   | 7-8:00 am<br>Power Yoga<br><br>Brea          | 6-7:00 am<br>Mixed<br>Movement<br>Jonathon | 8-9:15 am<br>Hot Yoga<br><br>Brea   |                                  |
| 9:15 am -<br>10:15 am<br>Gentle Yoga<br>Tiana | 9:15 am -<br>10:15 am<br>Gentle Yoga<br>Brea | 9:15 am -<br>10:15 am<br>Kundalini<br>Alicia | 9:15 am -<br>10:15 am<br>Hatha Yoga<br>Tiana | 9:15 am -<br>10:15 am<br>Iyengar<br>Jerri  | 10-11:15 am<br>Hot Yoga<br><br>Teri |                                  |
| 4 - 5:00 pm<br>Gentle Yoga<br>Brea            |  | 4 - 5:00 pm<br>Gentle Yoga<br>Brea           |  |  |                                     | 4 - 5:00 pm<br>Yin Yoga<br>Stacy |
| 6 - 7:15 pm<br>Hot Yoga<br>Brea               | 6 - 7:15 pm<br>Iyengar<br>Jerri              | 6 - 7:15 pm<br>Hot Yoga<br>Brea              | 6 - 7:15 pm<br>Hot Yoga<br>Teri              | 6 - 7:15 pm<br>Hot Yoga<br>Stacy           |                                     |                                  |

Yoga San Angelo 63 N Chadbourne St.

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[www.YogaSanAngelo.com](http://www.YogaSanAngelo.com)

**Gentle/Beginners Yoga** - Learn the basics of yoga posture, how to connect with the breath and calm the mind. This class is designed to encourage awareness, relaxation, and restoration. It is a great way to get introduced to the foundations of yoga, perfect for first timers or those new to the practice. All levels 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 Yoga**- 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.

**Iyengar Yoga** - A style of yoga developed by B.K.S. Iyengar, which is available to all ages and bodies using props such as blocks, blankets, belts and more. Iyengar yoga is taught systematically with attention to detail. Basic techniques with individualized attention help the participant enjoy freedom in the poses and learn to practice safely. Iyengar yoga helps eliminate aches and pains and improve posture so one may experience the many benefits both on the body and the mind.

**Yin yoga** – A slow paced form of yoga on which each pose is held anywhere for 1-5 minutes. We focus on stretching the ligaments and connective tissue leading to a permanent increase in flexibility. The longer poses allow us to meditate deeply and clear energy channels known as nadis. This class is great for beginners because of it's slower pace and access to props, as well as more experienced yogis since it will increase flexibility.

**Power Yoga** - Power yoga is a vinyasa based flow class that focuses on strength building and flexibility, core development, endurance, and mental stamina. This class presents character building challenges and advanced asana sequencing.

**Mixed Movement** - A functional movement based, strength and conditioning class that utilizes Yoga, martial arts, strength training, and interval aerobic conditioning as a pillar to physical and mental strength and stability. This mixture of core mobility, restorative body movement, and dynamic strength training will leave you feeling confident, strong, and at peace. Super for building up the CORE muscles and mindset!