

Yoga San Angelo Fall 2023 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8 – 9 am Vinyasa Flow	
9:15-10:15 am Gentle Yoga	9:15-10:15 am Kundalini	9:15-10:15 am Hot Yoga	9:15- 10:15 am Yoga Foundations	9:15-10:15 am Iyengar	10 - 11 am Hot Yoga	
4:30-5:30 pm Restorative Meditation Vibration	5 - 6:00 pm Buti Mvmt	4:30-5:30 pm Restorative Meditation Vibration	5 - 6:00 pm Vinyasa Flow	1:30 – 2:30pm Buti Mvmt		
6 - 7:15 pm Hot Yoga	6:15 - 7:15 pm Gentle Yoga	6 - 7:15 pm Hot Yoga	6:15 - 7:15 pm Gentle Yoga			5 - 6:15 pm Yin Yoga
						6:30-7:30 pm Sound Bath

Yoga San Angelo 63 N Chadbourne St.

325-617-2826

www.YogaSanAngelo.com

Class Descriptions:

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 are 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 are welcome!

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

Iyengar Yoga - A style developed by B.K.S. Iyengar, 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 for the body and the mind.

Yin yoga – A slow-paced form of yoga in 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 its slower pace and access to props, as well as more experienced yogis since it will increase flexibility.

Restorative/Meditation/Sound – This class will focus on relaxation and restoration of the body and mind. We will move slowly and relax in gentle poses to focus on our breath. This class will incorporate meditation, relaxation, and sound vibrations.

Yoga Foundations and Therapeutic Self Care - A moderate-level class that details basic yoga poses while incorporating breathing techniques, strength, flexibility, functional activation movements, relaxation, and therapeutic self-care techniques.

Kundalini Yoga is called the Yoga of Awareness and was designed to help prepare people for the changing times we are faced with during the Aquarian Age. When we are in union with ourselves, we are in alignment with our thoughts, feelings, and actions and can better navigate our way through these times. In Kundalini Yoga we use Mantras, Mudras, Meditation, Asanas, Pranayama, and Gong Sound Relaxation to bring this awareness & alignment into our being.

Vinyasa Flow - Vinyasa Power Yoga is a vigorous and dynamic style of yoga that blends flowing sequences of postures with focused breath connection. This practice emphasizes physical strength, endurance, and flexibility through challenging poses and continuous movement. By synchronizing breath with movement, practitioners create heat within the body, enhance cardiovascular health, and cultivate mindfulness. Vinyasa Power Yoga offers a balanced blend of fitness and mental well-being, making it an invigorating choice for those seeking both physical challenge and inner focus. Not heated.