

Fall Schedule 2019



<p><u>Monday</u></p> <p>9:15-10:15AM Ease Into Yoga</p> <p>6:15-7:45PM Yoga II, Intermediate</p> <p>6:00-7:00PM Adult Tap @Van Gogh</p>	<p><u>Tuesday</u></p> <p>9:15-10:15AM Beginning Kundalini</p> <p>12:00-1:00PM Yoga/Pilates*</p> <p>5:45-6:45PM Yoga I Beginner</p> <p>7:00-9:00PM Gate City Dojo</p>	<p><u>Wednesday</u></p> <p>9:15-10:15AM Ease Into Yoga</p> <p>12:00-1:00PM Yoga I/II</p> <p>5:15-6:15PM All Levels Yoga</p> <p>6:20-7:20PM Zumba</p> <p>7:30-8:30PM Ballroom Dance</p>	<p><u>Thursday</u></p> <p>NEW! 9:15-10:15AM Introduction to Pilates*</p> <p>5:15-6:15PM Stress Less Yoga</p> <p>7:00-9:00PM Gate City Dojo</p>
<p><u>Friday</u></p> <p>NEW! 6:45-7:45PM Argentine Tango</p>	<p><u>Saturday</u></p> <p>Workshops: check out our website for details!</p>	<p><u>Sunday</u></p> <p>3:00-4:15PM Yin Yoga</p>	

-New classes may be canceled after a 3-week trial period determined by participation
 -*not MYB punch card class
 (Class Description with instructor on back)

Studio Owners

Lori Head
(208)251-2047

Education:

PhD: Adult Education
 MA: Higher Education/Dance
 BS: Physical Education/Science

Certifications:

Physical Mind Institute Pilates & Mat Equipment
 NETA Yoga
 Gyrokinesis
 Feldenkrais Practitioner

Stella Sandquist
(208)234-2204

Experience:

Yoga Instructor since 1986

Yoga Studies with:

B.K.S & Geeta Iyengar, 1988, Pune, India
 Faeq Biria
 Carolyn Belko
 Ann Richards
 Neeta Datta

Class Prices

~Drop-In \$10
 ~10 Class Punch Card \$75
 ~1 Month Unlimited \$90

Only Cash or Checks written out to Mind Your Body

Check us out ONLINE or on Facebook and Instagram

@MINDYOURBODYPOCATELLO



Massage Therapists

Jessica Kowallis (208)705-8175
 David Wardell (208)715-1917

Foot Zoner

Becki Parks (208)220-2796

Feldenkrais

Lori Head (208)251-2047

Private Pilates Sessions

Lori Head (208)251-2047
 Mary Schmidt (208)238-3270
 Ashley Ames (208)406-3421

International Karate

Marian Twitchell (208)240-3502

Yoga I Beginner / Yoga II Intermediate – *Stella Sandquist* – This Iyengar based method of Yoga defines itself as different from other styles of Yoga by three key elements: technique, sequence and timing. Beginners should attend Yoga I.

Ease Into Yoga – *Kathy Olsen* – Come try this fun, easy-going, gentle way to practice yoga and reap its numerous benefits. Ease Into Yoga is perfect for the beginner or the timid.

Adult Tap – *Lori Head* – Learn to improve your basic fundamentals of Tap Dancing! Enjoy social interaction with basic beginner tap moves.

Yin Yoga – *Lori Head* – Balance your “Yin” energy with this combination of Hatha and Taoist yoga targeting your ligaments and tendons. Postures are primarily seated or lying to promote clearing of energetic blockages, growth, and enhance circulation. Please visit mindyourbodypocatello.com for more information.

Ballroom – *Lori Head* – Come learn basic ballroom steps, NO partner needed, each week there are different styles and steps! We learn everything from cha-cha to waltz to swing and everything in-between!

Zumba – *Earl Coffman* – Letting loose the inner shake! Join us in an energetic, heart raising, hip swinging, exercise dance. Easy for follow! No need to “know” or “be” a dancer! Two Left feet is better than none!

Introduction to Pilates – *Jennifer Tolman & Melinda Jahsman* – Join us in strengthening and lengthening our muscles. In this introductory class for all ages, types, and levels- you will learn the basics of Pilates.

Stress Less Yoga – *Lori Head* – This sequence of gentle and supported poses is designed to calm the mind, balance the nervous system, nourish the internal organs, and create a feeling of deep peace.

Yoga/Pilates Mixed Class – *Mary Schmidt* – This is a multi-leveled class that provides the opportunity to honor your body, mind, and spirit. Experience the support through our wonderful group energy. *This is not a MYB Punch Card Class. If interested contact Mary 208-238-3270.

Beginning Kundalini – *Diana Schow* – Immerse yourself in the use of breath and focus to increase flexibility and strength. Enjoy meditative music throughout class.

Argentine Tango – *Barb North* – Join the fun fundamentals of social Argentine Dance class. Learn the basics and beyond!

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Instructors

Ashley Ames

Mary Schmidt

Diana Schow

Marian Twitchell

Jennifer Tolman

Barb North

Kathy Olsen

Whitney Griggs

Ethan Likness

Earl Coffman

Melinda Jahsman