

# Winter Schedule 2019-20



## 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*

Experience:

Yoga Instructor since 1986

Yoga Studies with:

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

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

-New classes may be canceled after a 3-week trial period determined by participation  
-Class Description with instructor on back

### 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 Therapist

Jessica Kowallis (208)705-8175

### Foot Zoner

Becki Parks (208)220-2796

### Feldenkrais

Lori Head (208)251-2047

### Private Pilates Sessions

Lori Head (208)251-2047

Ashley Ames (208)406-3421

Jen Tolman (208)269-0381

### 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](http://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.

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### Instructors

Lori Head

Stella Sandquist

Ashley Ames

Kathy Olsen

Whitney Griggs

Diana Schow

Ethan Likness

Marian Twitchell

Earl Coffman

Jennifer Tolman

Melinda Jahsman