

## Spring Schedule 2022

Sign up at [unplugyoga.com](http://unplugyoga.com) or download our new app available from Apple store or Google Play.

**Weekly Classes**

**Special Classes and Training**

**Virtual and In Studio**

696 Plain Street Marshfield, MA 339.526.9234



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am-6:45am <b>Vinyasa Flow</b> w/Tara	5:00am-6:00am <b>Vinyasa Flow</b> w/Jen	5:00am-6:00am <b>Yoga Sculpt</b> w/Jen	5:45am-6:45am <b>Vinyasa Flow</b> w/Tara	5:00am-6:00am <b>Vinyasa Flow</b> w/Jen	
7:00am-8:15am <b>Yoga Sculpt</b> w/Jen		6:30am-7:30am <b>Yoga Sculpt</b> w/Jen		7:00am-8:00am <b>Yoga Sculpt</b> w/Jen		7:00am-8:15am <b>Yoga Sculpt</b> w/Jen
8:30am-9:45am <b>Vinyasa Flow</b> w/Melissa	9:00am-10:15am <b>Vinyasa Flow</b> w/Tricia	9:00am-10:15am <b>Vinyasa Flow</b> w/ Marcela	9:00am-10:15am <b>Vinyasa Flow</b> w/ Melissa	9:00am-10:15am <b>Vinyasa Flow</b> w/Tricia	9:00am-10:15am <b>Vinyasa Flow</b> w/Melissa	8:30am-9:45am <b>Vinyasa Flow</b> w/ Marcela
10:00am-11:15am <b>Yin Yoga</b> w/Melissa	10:30am-11:45am <b>Gentle Hatha</b> w/Tricia	10:30am-11:45am <b>Gentle Hatha</b> w/Marcela	10:30am-11:45am <b>Gentle Hatha</b> w/Erin	10:30am-11:45am <b>Chakra Flow</b> w/Tricia	10:30am-11:45am <b>Stretch &amp; Restore</b> w/Tricia	10:00am-11:00am <b>Barre/Pilates</b> w/ Marcela
11:30am-12:30pm <b>Prenatal Yoga</b> w/Angela				12-3 <b>Module 1 – 300 Yin 100 Hour YTT</b>		
<b>Special Classes and Workshops</b>	4:30pm-5:30pm <b>Barre/Pilates</b> w/Marcela	4:30pm-5:45pm <b>Hatha Yoga</b> w/Kat	4:30pm-5:45pm <b>Gentle Hatha</b> w/ Linda	4:30pm-5:30pm <b>Barre/Pilates</b> w/Marcela	<b>Special Classes and Workshops</b>	<b>Special Classes and Workshops</b>
	6:00pm-7:00pm <b>Yoga for Beginners</b> w/Amanda		6:00pm-7:00pm <b>Yoga for Beginners</b> w/Amanda	6:00pm-7:00pm <b>Hatha Yoga</b> w/Vanessa		
6:00pm-7:15pm <b>Flow and Restore</b> w/Beverly	7:15pm-8:30pm <b>Stretch and Restore</b> w/Tara	<b>YTT</b>	7:30pm-8:30pm <b>Evening Flow</b> w/Marcela	7:15pm-8:30pm <b>Restorative Yin Yoga</b> w/Vanessa	<b>Bi-Weekly Beyond Asana</b>	

## Class Descriptions

**Morning Stretch and Meditation:** In this class we will prepare the body to sit and then we will meditate.

**All Levels Vinyasa Flow:** This class uses hatha yoga postures and integrates them in a flow, coordinating movement to breath, connecting body to the breath and breath to the mind. These classes typically are energizing (depending on the time of day). Expect some version of sun salutations.

**Hatha Yoga:** There wouldn't be any postures in yoga without Hatha Yoga. In the Hatha Yoga Pradipika, the yogasana's were mostly seated, supine and prone positions. It wasn't until just a few hundred years ago that standing poses came to be. A Hatha Yoga practice can be strengthening, build heat and be more advanced than a Vinyasa practice. Each teacher has their own background and training in this style of yoga. If you see the word '**Gentle**', then expect a more gentle version of this practice. If you see '**Hatha Vinyasa**', expect a more strengthening practice using more pranayama, bandhas and mantra.

**Yoga Sculpt (Conditioning):** This class is offered at Unplug for members who need light weights in their practice to build muscle mass. Vinyasa and Hatha postures help us lengthen the muscles, weights help build muscle. This class is great for anyone who is working on stability and building bone and muscle strength. Stretching between sets and a savasana included. Expect to not feel like you went to the gym or a bootcamp!

**Yin Yoga:** Yin yoga uses Hatha yoga postures held in a specific way to target the fascia and the meridian system in Traditional Chinese Medicine. Postures are held for a long period of time in a Yin way. This class allows the student to practice meditation in these long-held postures.

**Restorative Yoga:** Restorative Yoga uses Hatha yoga postures held in a passive way using props, props and more props. This class is ideal for those looking to destress and decrease cortisol. There are typically no standing postures in this class.

**Barre/Pilates:** Marcela is trained in both modalities. This class is for members looking to build lean muscle and work the core muscles. This is offered per request of our members who do not want to go to a gym.

**Prenatal Yoga:** This class is an all levels prenatal yoga practice. Please check with your OB/GYN before beginning a yoga practice. Angela is a Registered Prenatal Yoga Teacher and Doula.

**Flow and Let Go with Yoga Nidra:** This class will include 45 minutes of Vinyasa Flow practice followed by a guided yoga nidra (yoga sleep). Yoga Nidra is an effortless, yet powerful practice experienced while lying in savasana.

Drop in's are welcome. Please do try to sign up for classes in advance through the Unplug & Be Mindful Yoga app or through [unplugyoga.com](http://unplugyoga.com)

Boutique Hours: Tuesdays 9am-12pm and Saturdays 9:00am-12pm. Teachers can assist you between classes.