

BEGINNING YOGA CLASSES

MPLS Studio: 212 3rd Ave. N. Suite 205 in Downtown Minneapolis SLP Studio: 4200 Minnetonka Blvd. in St. Louis Park

Absolute Beginner Class *(4-week series \$45)*

The Absolute Beginner Class is for those new to yoga, and meets once each week for 4 weeks. This class will provide you with the tools to get started: yoga classes, fundamentals of yoga asana (poses), pranayama (breath work), and answers to your questions on the various forms of yoga or your personal practice. Whether you are coming to get in better physical condition or simply stop the chaos of your mind, there is a style of yoga that is right for you. Therefore, at the end of the four-week series, you will have the opportunity to consult with your instructor about your personal goals and choose the next yoga class(es) that will move you toward these goals.

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| Mondays | 7:15-8:30pm | St. Louis Park Studio | (4/5-4/26) | Jennifer Davis |
| Tuesdays | 7:30-8:45pm | Minneapolis Studio | (4/13-5/4) or (4/20-5/11) | Deirdre Murnane |
| Thursdays | 11:30-12:45pm | St. Louis Park Studio | (4/8-4/29) | Ronna Rochell |
| Saturdays | 9:30-10:30am | Minneapolis Studio | (4/10-5/1) | Dena Vernier |
| Sundays | 4:00-5:00pm | St. Louis Park Studio | (4/18-5/9) | Tara Sherman |

Beginning Hatha Yoga *(6-week series \$90 ~ *\$85 if just completed 4-week ABC)*

This 6-week class is for all beginners and anyone wishing to deepen their foundational knowledge of Hatha Yoga. Each class will help you to develop a safe understanding of basic yoga postures, their benefits and help you build confidence to move to the next level. Cost for six-week session: \$90, or \$85 for all students who have completed the Absolute Beginner Series.

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| Mondays | 6:15 - 7:30pm | Minneapolis Studio | (4/5-5/10) | Jennifer Gray |
| Wednesdays | 4:30 - 5:45pm | St. Louis Park Studio | (4/7-5/12) | Tara Sherman |
| Wednesdays | 7:30 - 8:45pm | Minneapolis Studio | (4/7-5/12) | Chris Gordon |
| Thursdays | 9:45 - 10:45am | St. Louis Park Studio | see web for dates | Staff |
| Sundays | 11:30 - 12:45pm | Minneapolis Studio | (4/11-5/16) | Deirdre Murnane |

Beginning Ashtanga Yoga *(6-week series \$90 ~ *\$85 if just completed 4-week ABC)*

If you love vinyasa yoga or want to learn more about how to safely practice in a rigorous style yoga class, this class is for you! This six-week Beginning Ashtanga series is for anyone and everyone seeking to learn more about the fundamentals of the Ashtanga primary series. All levels are welcome to attend this workshop. During the six weeks we will explore the great tradition of Ashtanga Yoga and how to put it into practice. New yoga students will learn how to attend any Ashtanga yoga or Vinyasa yoga class and work within their own limitations and potential. See web for curriculum details. Students will also receive one free Wednesday night mysore class. Cost for six-week session: \$90, or \$85 for students who have completed the Absolute Beginner Series.

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| Thursdays | 7:15 - 8:30pm | St. Louis Park Studio | (4/8-5/13) | Moya Mathews |
| Sundays | 11:15-12:30pm | St. Louis Park Studio | (4/18-5/23) | Susan Meyer |

Beginning Big A##%! Yoga *(6-week series \$90 ~ *\$85 if just completed 4-week ABC)*

This fun, challenging, and inspiring class is designed especially for bigger woman and men who want to begin yoga but want to do it a setting where everyone is similar in size and shape. Instructor and YCM owner Jennifer Gray (a retired Big A##%!™ herself) and others will help all students find yoga poses that work for their current body type and create a beneficial yoga practice for all. In this class you will create a body mind connection, learn yoga poses that strengthen and tone, gain trust and find enjoyment in moving your body, and laugh and have fun!! Big A##%!™ yoga does not focus on losing weight and how you should look. This class strives to help you to building self-trust and learn to reconnect and enjoy your body again. We call it Big A##%!™ Yoga so that everyone knows they are coming to a place where they can laugh and be comfortable with who they are. Any other name just wouldn't be as fun! See web for more details and a note on physical limitations. Cost for 6-week session: \$90, or \$85 for those who have completed the Absolute Beginner Series.

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| Tuesdays | 9:30 - 10:45am | St. Louis Park Studio | (4/6-5/11) | Aleah Sheehan |
| Thursdays | 6:00 - 7:15pm | Minneapolis Studio | (4/8-5/13) | Aleah Sheehan |
| Fridays (LEVEL 1/2) | 10:30 - 11:45am | St. Louis Park Studio | (4/6-5/11) | Jennifer Gray |
| Saturdays | 10:30 - 11:45am | Minneapolis Studio | (4/3-5/8) | Ann Swanson |



Register online www.yogacentermpls.com
Questions? Call 612.436.4700

YOGA
CENTER
of Minneapolis

