

# winter yoga schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
7.30am Ann Brahma 90 min all levels						7.30am Daryl Brahma 90 min all levels
9.30am Arthur/Phil Brahma 90 min all levels	9.30am Ann Restorative 90 min <b>beginner</b>	9.30am Cherie Brahma 90 min all levels	9.30am Mimi Kripalu 90 min all levels	9.30am Ann Brahma 90 min all levels	9.30am Cherie Brahma 90 min all levels	9.30am Lili Brahma 60 min all levels
11.30am Nancy Core on Ball 60 min all levels						
1:00pm* Carol/ JoAnne Family 90 min	3:00pm Cornelia Mommy&Me 60 min all levels					12.15pm* Ranprem/Matt Kundalini 90 min
	4:00pm Cornelia Children's Yoga 60min			4.30pm Lili Gentle/ Prenatal 60 min all levels		
	5.30pm Maria Meditation & Yoga Nidra 60 min all levels	5.45pm Nancy Core on the Ball 60min all levels		5.45pm Heather Pilates Fusion 60 min all levels	5.30pm Lauren Hatha 90 min all levels	
	7.00pm Helen Brahma 90 min <b>beginner</b>	7.00pm Daryl Brahma 90 min all levels	6.30pm Jackie Brahma 90min <b>beginner</b>	Workshop TBA		

- Brahma Yoga** - intuitive practice integrating asana, pranayama, & meditation with mindfulness
- Brahma Beach** - meets at studio, bring beach towel in lieu of mat for practice (weather permitting)
- Vinyasa Yoga** - spirited style combining breath & movement in union for a focused flow
- Meditation & Yoga Nidra** - guided meditation & deep yogic relaxation
- Beginner Yoga** - practice designed to transform the novice/beginner yogi
- Restorative Yoga** - gentler, more relaxed pace in combination with extended breath awareness
- Kundalini Yoga** - its asana, pranayama, & meditation are directed toward awaken life energy
- Kripalu Yoga** - reflects a synthesis of traditional approaches focusing on right breathing & alignment
- Core on the Ball/Yoga Fusion** - combining isometric techniques with yoga to improve core strength
- Kirtan** - devotional chanting

\*please note these classes will NOT be held on teacher training weekends as follows:  
Jan 16/17, Feb 20/21, Mar 20/21, Apr 17/18, May 08/09, Jun 05/06

Private Yoga sessions are always available by appointment in our lovely studio or in your home