



Yoga You4ia

Power Yoga Studio

Holiday Schedule



First Class Free* Medicine Hat & Area Residence Only | All classes drop in

Friday December 22	Saturday December 23	Sunday December 24
9:15am Power Yoga - Salli 5:30pm Glow Yoga Jam - Salli	9:15am Power Yoga - Salli	9:15am Stretch & Flow Karma Yoga 75 - Sarah Daniels *cash donations for CSSDP, Canadian Students for Sensible Drug Policy

Monday December 25	Tuesday December 26	Wednesday December 27	Thursday December 28	Friday December 29	Saturday December 30	Sunday December 31
CLOSED <i>Merry CHRISTMAS</i>	6:30pm Power Yoga - Salli	9:15am Yoga Jam - Salli 12:10pm Ashtanga Basic (nh) - Trudy 5:30pm Power Yoga - Salli	9:15am Power Yoga - Salli 6:15pm Yoga Jam - Keeley 7:30pm Ashtanga Basic (nh) - Trudy	9:15am Power Yoga - Keeley 5:30pm Glow Yoga Jam - Roxanne	9:15am Power Yoga - Roxanne	9:15am Power Yoga - Roxanne
Monday January 1	Tuesday January 2	Wednesday January 3	Thursday January 4	Friday January 5	Saturday January 6	
CLOSED <i>HAPPY NEW YEAR</i>	9:15am Yang/Yin - Roxanne 5:30pm Power Yoga Basic (nh) - Trudy 6:45pm Power Yoga - Roxanne	9:15am Yoga Jam - Roxanne 12:10pm Ashtanga Basic (nh) - Trudy 5:30pm Power Yoga - Melissa 6:45pm Yoga Jam - Keeley	9:15am Power Yoga - Jessica 6:15pm Yoga Jam - Jessica 7:30pm Ashtanga Basic (nh) - Trudy	9:15am Power Yoga - Jessica 5:30pm Glow Yoga Jam - Roxanne	Yoga You4ia 5 Year Anniversary ALL CLASSES FREE 9:00am - Hot Yoga Jam w/Salli 10:30am - Yang/Yin 75 w/ Roxanne 12:00pm - Power Yoga w/Julie 1:15pm - Power Flow w/Melissa 2:30pm - Power Yoga w/Jessica	

Yoga You4ia
104-1235 Southview Drive SE,
Medicine Hat, AB T1B 4K3
587-289-3500 | info@YogaYou4ia.com

All classes are heated to warm unless posted (nh) for non-heated

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am Power Yoga 60 Roxanne(w)		6:00am Power Yoga 60 Roxanne (w)			
9:15am Power Yoga 60 Roxanne (w)	9:15am Yang/Yin Flow 75 Roxanne (w)	9:15am Yoga Jam 60 Salli (w)	9:15am Yang/Yin Flow 75 Keeley (w)	9:15am Hour of Power Jessica (w)	9:15am Yoga Jam 60 Salli (h)	9:15am Morning Flow 60 Roxanne/Keeley (w)
12:15pm Ashtanga Basic 35 Trudy (nh) Doors open at 12:05	12:10pm Power Yoga 40 Salli (w)	12:15pm Ashtanga Basic 35 Trudy (nh) Doors open at 12:05	12:10pm Hour of Power (in 40 mins) Jessica (w)	12:10pm Power Yoga 40 Jessica (w)	10:30am Yoga Jam 60 Salli (w)	Healthy Sleep Habits and Yoga Workshop January 14
4:15pm Yoga Jam 60 Salli (w)		4:15pm Yoga Jam 60 Salli (w)				2:00pm - 3:30pm with Michelle Cash Donation
5:30pm Yoga Jam 60 Roxanne (h)	5:30pm Power Yoga Basic 60 Julie (nh)	5:30pm Power Flow 60 Melissa (w)	5:15pm Gentle Yoga Salli (nh)	5:30pm Glow Yoga Jam 60 Salli (w)	Sat Jan 20 Meet & Greet Mulder Mulder will join us between classes to accept cash donations For the Medicine Hat Victim Services.	5:30pm Yang/Yin Flow 75 Roxanne (w)
6:45pm Yang/Yin Flow 75 Roxanne (w)	6:45pm Expanding Power Yoga 60 Salli (w)	6:45pm Yin 60 Roxanne/Keeley (w)	6:15pm Yoga Jam 60 Salli (w)			7:00pm Gentle Repose Yoga 75 Roxanne (w)
8:15pm Power Yoga Nidra 75 Salli (h)	8:00pm Gentle Yoga Nidra 60 Salli/Roxanne (w)		7:30pm Ashtanga Basic 60 Trudy (nh)			Schedule subject to change.

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Prices:

5 Punchcard - \$60
10 Punchcard - \$110
20 Punchcard - \$200
Drop in - \$14
Monthly Unlimited - \$95
Annual Unlimited - \$1080

Student Prices

Drop in - \$12
10 Punchcard - \$90
20 Punchcard - \$170
Monthly Unlimited - \$85
Annual Unlimited - \$960

(h) - Hot 35-37
(w) - Warm 28-33
(nh) - Non-heated

Class Descriptions

Power Yoga (45, 60, 75, 90mins)

Flow with breath and sweat with an emphasis on building strength and endurance. This powerful, energetic, playful flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class.

Yoga Jam

Power Yoga classes are taught with music turned up loud to inspire you to let loose and flow to the beats.

Expanding Power Yoga

Active and athletic power class. Emphasis on building strength and stamina using core and arm balance poses in this practice.

Experience and prior knowledge of postures is recommended.

Power Yoga Basic

Learn the foundations of the yoga poses, including the names with breath and flow in a non heated room.

Ashtanga Basic

Learn the foundations of the yoga poses, including the names with breath and flow in a non heated room. You warm up and flow through Sun Salutation A & B, move into the Standing Sequence, the Primary Series (Seated Postures), and the Closing Sequence.

Gentle Yoga (Gentle Meditation)

Power Yoga stripped, with a focus on deep stretches and breath. Some classes finish with a guided meditation or yoga Nidra.

Gentle Repose

Classes focus on healing and rejuvenating the body and mind by moving at a slower pace to develop peace and tranquility. The class starts with a gentle flow to link movement with breath, and then transitions into longer held yin or restorative poses combined with Thai massage assists to help bring the mind and body to a state of calm.

Yin/Yang Flow

Find balance between the intense strength building of yang and the quiet surrender of yin. This class starts with the faster paced, active flow of power yoga to lengthen and stimulate muscles and strengthen our bodies. It is followed by mindful stretching with longer held floor poses that go deeper to target the connective tissues and work to strengthen our hearts and minds.

Yoga Nidra

Yoga Nidra or "yogic sleep" is the practice of deep relaxation and meditation. We begin our class with gentle stretches to warm our bodies up and release tension in our body while our minds remain awake and alert. Yoga Nidra is practiced in savasana. We work towards stillness in our body therefore allowing our minds to relax. We will take time at the beginning of Yoga Nidra to allow our bodies comfort in savasana (with props). As you first begin your practice you may fall asleep. This is normal. As this is a very quiet practice we ask you to be respectful by arriving at class on time and turning off your cell phones.

What to bring? A small pillow, a blanket, eye pillow, bolster. If you are normally cold make sure you have a blanket or sweater to cover up with as our bodies will naturally cool down in Yoga Nidra. Yoga You4ia has a few bolsters and blocks available for use. (All props are first come first served.)

Power Yoga Nidra

The class begins with power yoga and ends with a 30 mins Yoga Nidra.

Yin

Yin Yoga is a great complement to Power Yoga. The Medical Journal of Applied Physiology states range of motion comes from muscles (41%), joints (47%), tendons (10%), and skin (2%). While Power Yoga works on muscles, Yin Yoga targets connective tissue (joints, tendons, ligaments, fascia). Postures mainly target the hips, pelvis and lower spine and are held for extended periods to encourage deep release making it a wonderful addition for athletes such as runners, swimmers, etc. Suitable for all levels.

Power Flow/Morning Flow

Flow with breath, strength, and sweat.

Hour of Power

Get ready engage that core before flowing fast and hard. This class will keep your heart pumping as loud as the tunes. The class may be hard but the mood is light.

Glow Yoga

Flow with breath, strength, and sweat. Black lights on to glow. Wear white or bright.

Karma Power Yoga

Cash Donations only.