

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 Michelle/Various (w)
12:15pm Ashtanga Basic 35 Trudy (nh) Doors open at 12:05	12:10pm Power Yoga 40 Keeley (w) Doors open at 12:00	12:15pm Ashtanga Basic 35 Trudy (nh) Doors open at 12:05	12:10pm Power Yoga 40 Crystal (w)	12:10pm Hour of Power (in 40 mins) Jessica (w)	10:30am Yoga Jam 60 Crystal (w)	10:30am Yoga Foundations 60 Michelle (m)
	4:15pm Yoga Jam 60 Salli (w)				1:00pm Restorative Yoga 60 Salli (w)	
5:30pm Yang/Yin Flow 75 Roxanne (w)	5:30pm Power Yoga Basic 60 Salli (m)	5:30pm Power Flow 60 Melissa (w)	5:15pm Gentle Yoga 45 Salli (m)	5:30pm Glow Yoga Jam 60 Salli (w)	Yoga You4ia 200Hr Teacher Training Email or text to register or for more information.	
7:00pm Power Conection 60 Sarah (w)	6:45pm Expanding Power Yoga 60 Salli (h)	6:45pm Yin 60 Roxanne/Keeley (w)	6:15pm Yoga Jam 60 Salli (w)			5:30pm Yang/Yin Flow 75 Roxanne (w)
	8:00pm Gentle Yoga Nidra 60 Roxanne (w)	8:00pm Dragon Warrior Yoga 60 Crystal (h)	7:30pm Ashtanga Basic 60 Trudy (nh)	Schedule subject to change. Please check online or on app for stat holidays.		7:00pm Gentle Repose Yoga 75 Roxanne (w)

### Yoga You4ia

104-1235 Southview Drive SE,  
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587-289-3500 | [info@YogaYou4ia.com](mailto:info@YogaYou4ia.com)

### Prices:

5 Punchcard - \$65  
10 Punchcard - \$115  
20 Punchcard - \$210  
Drop in - \$14  
Monthly Unlimited - \$95  
Annual Unlimited - \$1080

### Student Prices

Drop in - \$12  
10 Punchcard - \$95  
20 Punchcard - \$180  
Monthly Unlimited - \$85  
Annual Unlimited - \$960

(h) - Hot 35-37  
(w) - Warm 28-33  
(m) - Moderate 24-26  
(nh) - Non-heated

# Class Descriptions

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

## Glow Yoga

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

## 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.

## Yoga Foundations:

Whether you are new to yoga or you want to build stronger practice this class is for you. This welcoming and supportive class offers students the opportunity to experience the foundations of yoga. Presentation of poses, supported practice and time for any questions at the end of class.

## Dragon Warrior Yoga

This class focuses on sequences that go through a range of motions organized to have fun and let out your inner warrior. Classes start by moving in a faster paced flow. In the second half, turning inwards is encouraged by surrendering in restorative and yin poses. The opportunity to get a little deeper into postures is introduced through a combination of hands on assists, and the incorporation of Reiki techniques to remove energy blocks.

## 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 wrk 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.

## 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.

## Yang/Yin 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.

## 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.

## Power Connection

A focus on your physical foundation and breath paired with hands-on assists and an element of playfulness will allow you to explore your edge and open yourself to new possibilities. All levels welcome

## Restorative Yoga

Restorative yoga is simply that - restorative. It is the connecting of your breath and body - aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. During the long holds your muscles are allowed to relax deeply. It's a unique feeling because props, rather than your muscles, are used to support your body. Restorative yoga is a practice that is all about slowing down and opening your body through passive stretching, making them a good complement to more active practices and an excellent antidote to stress.