

| Monday  | Tuesday  | Wednesday   | Thursday                                  | Friday  | Saturday  | Sunday  |
|---|--|---|---|---|---|---|
|   |  |   | 6:00am<br>Power Yoga 60<br>Salli (w)      |   |   |   |
| 9:15am<br>Power Yoga 60<br>Salli (w)                              | 9:15am<br>Yang/Yin Flow 75<br>Salli (w)                      | 9:15am<br>Yoga Jam 60<br>Keeley (w)                               | 9:15am<br>Yang/Yin Flow 75<br>Salli (w)   | 9:15am<br>Hour of Power<br>Jessica (w)  | 9:15am<br>Yoga Jam 60<br>Salli (h)  | 9:15am<br>Morning Flow 60<br>Michelle (w)       |
| 12:10pm<br>Ashtanga Basic 35<br>Trudy (nh)<br>Doors open at 12:05 | 12:10pm<br>Power Yoga 40<br>Salli (w)<br>Doors open at 12:00 | 12:10pm<br>Ashtanga Basic 35<br>Trudy (nh)<br>Doors open at 12:05 | 12:10pm<br>Power Yoga 40<br>Crystal (w)   | 12:10pm<br>Hour of Power<br>(in 40 mins)<br>Jessica (w)                               | 10:30am<br>Yoga Jam 75<br>Crystal (w)   | 10:45am<br>Yoga Foundations<br>60 Michelle (m)  |
| 4:15pm<br>Power Flow 60<br>Melissa (w)                            | 4:15pm<br>Yoga Jam 60<br>Keeley (w)                          |   |   |   | 1:00pm<br>Restorative Yoga<br>60 Salli (w)  |   |
| 5:30pm<br>Yang/Yin Flow 75<br>Sarah (w)                           | 5:30pm Power<br>Yoga Basic 60<br>Keeley (m)                  | 5:00pm <b>NEW</b><br>Ashtanga Primary<br>Series 90<br>Cheryl (m)  | 5:15pm<br>Gentle Yoga 45<br>Salli (m)     | 5:30pm<br>Glow Yoga Jam 60<br>Salli (w)   | Reiki & Yin<br>Workshop<br>Saturday Oct<br>2:30pm- 4:00pm<br>\$25<br>Register online today. |   |
| 7:00pm <b>NEW</b><br>HIIT Yoga 60<br>Sarah (nh)                   | 6:45pm<br>Yoga Jam 60<br>Salli (w)                           | 6:45pm<br>Yin 60<br>Keeley/Michelle<br>(w)                        | 6:15pm<br>Yoga Jam 60<br>Salli (w)        |   |   |   |
|   | 8:00pm Gentle<br>Yoga Nidra 60<br>Salli (w)                  | 8:00pm<br>Dragon Warrior<br>Yoga75<br>Crystal (h)                 | 7:30pm<br>Ashtanga Basic 60<br>Trudy (nh) | Schedule subject to<br>change. Please check<br>online or on app for<br>stat holidays. |   | 7:00pm<br>Gentle Repose<br>Yoga 75<br>Salli (w) |

### Yoga You4ia

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### 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) - heat may be added at  
the end of class  
(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/Ashtanga Basic

Learn the foundations of the yoga poses, including the names with breath and flow. Heat may be added near the end of the class. Designated with (m) on the schedule.

## 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 hands on 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.

## Ashtanga Primary Series

This dynamic, physically demanding practice synchronizes breath and movement to produce an internal heat designed to purify the body. Ashtanga yoga, with its many vinyasas, is great for building core strength and toning the body. Prepare to sweat as you briskly move through a set sequence.

## 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.

## 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.

## HIIT Yoga Fusion

Blend the benefits of high intensity interval training with yoga postures to improve cardiovascular fitness and strength. Focus on your physical foundation and breath while you explore your edge, open yourself to new possibilities and have fun. Class can be tailored to your needs. 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.