

Yoga You4ia Effective February 2, 2020 First Class Free*

*Medicine Hat & Area Residence Only | All classes Drop in

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45am Rocket Yoga 75 Cheryl (w)					
9:15am Power Yoga 60 Salli (w)	9:15am Yang/Yin Flow 75 Salli (w)	9:15am Yoga Jam 60 Keeley (w)	9:15am Yang/Yin Flow 75 Salli/Sarah(w)	9:15am Hour of Power 60 Jessica (w)	9:15am Yoga Jam 60 Salli (h)	9:15am Morning Flow 60 Michelle (w)
10:30am Restorative Yoga 60 Salli (w)					10:30am Yang/Yin Flow 75 Salli (w)	10:45am Foundations Yoga 60 Michelle (nh)
12:10pm Ashtanga Basic 40 Trudy (nh) Doors open at 12:05	12:10pm Power Yoga 40 Salli (w)	12:10pm Ashtanga Basic 40 Trudy (nh) Doors open at 12:05	12:10pm Yoga Jam 40 Shannon (w)	12:10pm Hour of Power 40 Jessica (w)	1:00pm Restorative Yoga 60 Salli (w)	
4:15pm Yoga Jam 60 (w) Shannon (w)	4:15pm Power Yoga Flow 60 Melissa (w)				Special Events: Mens Yoga & Prenatal Registration required	
5:30pm Yang/Yin Flow 75 Salli (w)	5:30pm Power Yoga Basic 60 Keeley (nh)	5:00pm Ashtanga Primary Series 90 Cheryl (w)	5:15pm Gentle Yoga Salli (nh)	5:30pm Glow Yoga Jam 60 Salli (w)		
7:00pm HIIT Yoga Fusion 60 Sarah (nh)	6:45pm Yoga Jam 60 Salli (w)	6:45pm Yin 60 Keeley/Michelle (w)	6:15pm Yoga Jam 60 Salli (w)	6:45pm * Prenatal 60 Sarah/Salli Feb 21-Mar 27	Prices: Drop in - \$15 5 Punchcard - 70 10 Punchcard - \$120 20 Punchcard - \$220 Monthly Ultd - \$99 Student Prices Drop in - \$13 10 Punchcard - \$100 20 Punchcard - \$190 Monthly Ultd - \$90	7:00pm Gentle Yoga Repose 75 Salli (w)
8:15pm * Men's Only Yoga 60 Sarah (nh) Feb 24-Mar 31	8:00pm Gentle Yoga Nidra Salli (w)	8:00pm Yang/Yin Flow 75 Keeley (h)	7:30pm Ashtanga Basic 60 Trudy (nh)	Yoga You4ia 104-1235 Southview Dr SE, Medicine Hat, AB T1B 4K3 587-289-3500 info@YogaYou4ia.com		

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.

Power Flow/Morning Flow

Flow with breath, strength, and sweat.

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.

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!

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.

Yoga Nidra

Referred to as 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.

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.

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.

Rocket Yoga

The Rocket® (1, 2 & 3) was inspired by the Ashtanga sequence. By integrating more arm balances, more core work, different balancing postures and the introduction of some second and third series Ashtanga postures to build strength. It is a flow class ... it's fun ... it's dynamic and it's accessible for beginners thru to seasoned yogis. "The Rocket® gets you there faster®" Larry Schultz