

The Transformative Yoga Experience



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monday			
8:30 - 10:00 am	Gentle Flow	Level 1/2	Liz Stewart
10:15 - 11:45 am	Vinyasa Flow	Level 1/2	Jessalynn Hakanson
12:00 - 1:00 pm	Power Lunch	Mixed	Tom Larkin
5:30 - 7:00 pm	Vinyasa Flow	Level 1/2	Jessalynn Hakanson
7:15 - 8:30 pm	Vinyasa Flow	Level 1/2	Daphne Larkin
tuesday			
6:00 - 7:00 am	Power Latte	Mixed	Tom Larkin
8:15 - 9:45 am	Vinyasa Flow	Level 1/2	Tom Larkin
10:15 - 11:45 am	Vinyasa Flow	Level 1/2	Page Hart
12:00 - 1:00 pm	Power Lunch	Mixed	Jessalynn Hakanson
5:30 - 6:45 pm	Vinyasa Flow	Level 1	Tom Larkin
7:00 - 8:30 pm	Vinyasa Flow	Level 1/2	Jessalynn Hakanson
wednesday			
8:30 - 10:00 am	Therapeutic/Gentle Flow	Level 1	Cathy Stallworth
10:15 - 11:45 am	Vinyasa Flow	Level 2/3	Tom Larkin
12:00 - 1:00 pm	Power Lunch	Mixed	Tom Larkin
5:30 - 6:45 pm	Vinyasa Flow	Level 1/2	Daphne Larkin
7:00 - 8:30 pm	Vinyasa Flow	Level 2/3	Daphne Larkin
thursday			
6:00 - 7:00 am	Power Latte	Mixed	Tom Larkin
8:15 - 9:45 am	Vinyasa Flow	Level 1/2	Tom Larkin
10:15 - 11:45 am	Vinyasa Flow	Level 1	Page Hart NEW TEACHER!
12:00 - 1:00 pm	Power Lunch	Mixed	Jessica Pruitt
4:00 - 5:00 pm	Yoga Basics	Level 1	Jessalynn Hakanson
5:30 - 7:00 pm	Vinyasa Flow	Level 2/3	Daphne Larkin
7:15 - 8:30 pm	Vinyasa Flow	Level 1/2	Daphne Larkin
friday			
8:30 - 10:00 am	Vinyasa Flow	Level 1/2	Tom Larkin
10:15 - 11:45 am	Vinyasa Flow	Level 1/2	Daphne Larkin
12:00 - 1:00 pm	Power Lunch	Mixed	Tom Larkin
saturday			
8:30 - 10:00 am	Vinyasa Flow	Level 1/2	Daphne Larkin
10:15 - 11:45 am	Vinyasa Flow	Level 2/3	Daphne Larkin
sunday			
9:00 - 10:30 am	Vinyasa Flow	Mixed	Jessalynn Hakanson
11:00 - 12:30pm	Vinyasa Flow	Level 1/2	Jessalynn Hakanson
6:00 - 7:30 pm	Yin Yoga NEW NAME!	Mixed	Liz Stewart

CLASS DESCRIPTIONS

Vinyasa Flow

A flowing class that integrates breath and movement, inner and outer alignment, strength and flexibility accompanied by music for a rejuvenating and balancing effect. Our classes are ritual journeys that respond to the changing needs of life by infusing the highest quality of teaching with a transformative approach to yoga.

Gentle Flow

Providing the same transformative benefits as our Vinyasa Flow class but with a gentler, easier pace.

Power Latte

In one way, the quality of our lives can be measured by how well we manage stress and tension. This early morning transformative flowing class is designed to cleanse the body of tension and leave you feeling energized and alive; all without that morning 'cup of joe'.

Power Lunch

Our version of a high power lunch will restore, revitalize, and renew your body and spirit. The physical nature of the class heats the body from within giving you the opportunity to wring out the stresses of the morning grind.

Therapeutic

Designed to help individuals with specific aches, pains, and chronic conditions. A gentler pace which can focus on adapting poses to individuals needs, classes will employ a comprehensive system of therapeutic yoga to promote physical and mental stability.

Yin Yoga

Yin Yoga uses long, passive holds to work on the deep, dense connective tissues of the body - the tendons, ligaments and cartilage - which are difficult to energize and open. This deep, passive practice settles you into poses for 3 - 10 minutes, bringing you inward.

Yoga Basics

Providing a gentle and constructive environment to learn the core foundational basics of yoga.

CLASS LEVELS

Level 1 - Brand New Beginners

Designed for beginners, these classes provide a safe environment and are suitable for anyone to experience the benefits of yoga and learn the basics. Focus is on the correct alignment of basic postures within one's own body and basic transitions between postures. No experience or flexibility required.

Level 1/2 - Beginners and Beginning Intermediate

These classes are for both continuing beginners and students who are ready to step up the pace of their practice. Classes are moderately paced and build strength, increase flexibility, and breath awareness by presenting poses in a more challenging way and with more variations. A wider range and more creative transitions and sequences will be introduced. Open to all levels including beginners with a solid understanding of the basics.

Level 2/3 - Intermediate & Advanced

For students with an on going practice, these classes offer a more challenging practice to help you go deeper by working on more advanced postures and methods of practice. These classes explore asanas with advanced variations and transitions, creative sequencing and a full spectrum of asanas. Recommended for students with at least 6 months consistent practice. Not suitable for beginners.

Mixed Level

These classes are designed to accommodate a variety of experience levels in one class. In these moderately paced classes, modifications will be given for more beginning variations of postures as well as invitations, to those more experienced, for more intermediate or advanced forms. Not suitable for new beginners.

CLASS PRICING

1st class FREE to residents of Greater Nashville, TN

Class Rates	Price	Expires
Single Class	\$15	--
5 Class Series	\$65	60 days
10 Class Series	\$110	90 days
20 Class Series	\$200	90 days