

DANCE MEDITATION ॐ 🙏

Come explore the joy of meditation in motion.

Meets every Wednesday 1:30p

Meets these Saturdays at 3:30p: Jan 1

In 2011 - Same Class - NEW Title: Gentle Yoga ॐ

This class will help you reconnect with your body to cultivate ease, balance and grace. Using a combination of flowing, non-strenuous movements with restorative and yin holdings, you will be guided and nurtured by your instructor through the practice. This class is appropriate for beginners, for those recovering from illness or injuries, pregnant women, and anyone else that wants to experience deep inner connection through a gentler physical practice.

HOOPING (Yes, Hula hooping!) ॐ

Whether you are just starting, or you've been dancing around in circles and hoops for years, you'll love this class. Each week, you'll learn a few new techniques, plus augment the techniques you already know. The class contains both guided and open-hooping segments to great music. Jan 2 Sunday 4:45-5:45p

jaishantiyoga.com/hoopdance

In 2011 - Same Class - NEW Title: Moderate Yoga - ॐ or ✦

This class explores classical postures (asanas) and breathing techniques (pranayamas) to strengthen and open your body. Sequences are led in a meditative manner, interspersing movement with holding postures to generate strength and heat which encourage the body to release deep-seated tension. Beginners are welcome in this class.

MORNING YOGA ॐ ❤️

In the morning, before the quickness of the world begins, yoga can bring your day to life. Each class focuses on different yogic techniques to wake up the body, the mind, and the soul. Start your day right.

NUDE YOGA – Men ✦

These classes are offered for men who wish to deepen their existing yoga experience by practicing without the restriction of clothing, literally liberating your body and soul to exist in their natural state of freedom. These classes are intended for people who already practice yoga. You must bring your own mat and a towel.

Sun 7:30p – Moderate Yoga, Thu 8p – Yoga Workout

jaishantiyoga.com/nudeyoga

TANTRA KRIYA YOGA 🙏

Join us for a safe, playful, honor-filled exploration of the energies that pulse through our Lives.

January _____ Fridays 8p

jaishantiyoga.com/johnlaughinghawk

YOGA WORKOUT ✦

These classes consist of a variety of basic and advanced postures that strengthen and limber the body, including hand balances, deep back/forward bends, and inversions. Prior yoga experience strongly recommended. This class is NOT intended for beginners who are not in excellent physical shape.

YOGA FOR EVERY BODY ॐ ❤️

These all-level, 60-minute classes are offered as donation classes to support our community. While the classes are worth the \$16 drop-in rate, pay for the class as your wallet allows. We request that you pay at least \$10 for the class so we can pay the teacher and studio overhead. No sincere student turned away for lack of funds. Beginners are welcome to attend. See schedule.

POSTURE TRAINING SEQUENCE: PRANAKRIYA YOGA ॐ/✦

This class covers all the basic postures that we teach in our teacher training, and allows you to focus on building strength and awareness by focusing only on the alignment details for each posture. These classes are open to students of any level and ability who are interested in cultivating awareness, strength and confidence. This class is strongly recommended for students interested in completing our 200-hour teacher training program.

Upcoming Changes for JANUARY 2011

- New Time: Sun 8:30a - Moderate Yoga with Henry
- New Time: Sun 10:30a - Yoga Workout with JSY Grads
- New Time: Mon 10a - Gentle Yoga with Rebecca
- New Teacher: Wed 8am - Morning Yoga with Tra
- New Class: Tue 6:15p Yoga Workout - Marlysa & William

*One of us will teach the class,
the other will do hands-on assists.*

2011 Tuesday 8p class rotation

- The Unity Project with Henry (first Tuesday)
- Yoga & Live Drumming with William (last Tuesday)
- Pranakriya Roundtable w/ Marlysa & William (see website)
- Simple Thai Massage with William (see website)

2011 Wednesday 7:30p series classes

- Jan-Feb - Advanced Asanas with Melissa
- Mar-Apr - Yoga Basics with Rutu
- May-June - Therapeutic Yoga with Chris & Marlysa

2011 Non-weekly classes

- NEW - Sun 12:15p - Learn Your Body with William
- Sun 2:30p - Deaf Yoga with Frani Green
- Sun 4:45p - Hooping with Sarah Barks
- Fri 8p - Tantra Kriya Yoga with John LaughingHawk
- Sat 3:30p - Dance Meditation with Joan Toder

These classes will be removed from JSY schedule in Jan 2011:

- Friday 8am Morning Yoga with Lib
- Sunday 1-3p - Acro Yoga with Todd