

WORK IN PROGRESS *Yoga Studio*



ALL LEVEL Classes For Newbies, Beginners, & Seasoned Yogis

Any class can be modified to be an ALL LEVELS class. It's always best to get used to the basics in a slower class first like "Yin + Yang Yoga Flow" but you are welcome to jump in anywhere at anytime & just do what you can. Make sure to read the class descriptions on the reverse side before attempting classes for the first time. New or not, to use yoga for meditation & relaxation attend a 'Yin Yoga' class.

WEEKLY YOGA CLASS SCHEDULE

Sundays	10:30 – 11:45am : Mindful Strength Hatha Yoga
	4–5:15pm : Yin Yoga: Deep Stretch & Relaxation
Mondays	8–9:15am : Slow Burn Yoga Flow
	6:30–7:45pm : Ashtanga Yoga
Tuesdays	5:15–6:15am : Cuss & Burn Yoga @ Salina Nutrition
	6–7:15pm : Mindful Strength Hatha Yoga
Wednesdays	12–1pm : Mindful Strength Hatha Yoga
	5:30–6:30pm : Power Vinyasa Yoga Flow
	6:45–7:45pm : Yin Yoga: Deep Stretch & Relaxation
Thursdays	5:15–6:15am : Slow Burn Yoga @ Salina Nutrition
	6–7:15pm : Freestyle Vinyasa Yoga Flow
Fridays	8–9:15am : Freestyle Vinyasa Yoga Flow
	12–1pm : Yin Yoga: Deep Stretch & Relaxation
Saturdays	9–10:15am : Power Vinyasa Yoga Flow
	10:30–11:30am : Yin + Yang: Slow Flow & Deep Stretch

Times subject to change. Please see our website for current schedule.

JOIN OUR FACEBOOK GROUP 'A WORK IN PROGRESS'
IAMAWORKINPROGRESS.COM

CLASS DESCRIPTIONS

Yin Yoga: Deep Stretch & Relaxation

Yoga for the mind, body and soul... well that's like... all yoga — but this kind is sooooo goooooood. It's like adult nap time, plus some deeeeeep stretches. If you have body or back pain, it's a nice way to move gently instead of vigorously for a change. It's a very still practice so, it's great practice for the mind and meditation.

Ashtanga Yoga

This is a powerful, healing practice made up of a specific sequence of postures (asanas) linking breath (pranayama) and movement (vinyasa.) Ashtanga is an athletic flow combining strength, flexibility and stamina for a complete practice. Prepare to work hard, to sweat, and to move in this 75 minute yoga flow.

Mindful Strength Hatha Yoga

Hold your body up with grace in this class. Stay focused on purposeful, mindful control of the body and it's movements. Stick with it, do your best, and your body might feel fantastic if you succeed. If you feel unsure about what to do, don't worry, we have great teachers there to guide you.

Freestyle Vinyasa Yoga Flow

Inspired by mobility practices, Kundalini Yoga, & Yin yoga, with a foundation in Vinyasa Yoga. This yoga class will move you, it will challenge your strength, keep you breathing, keep you stimulated, keep you on your toes and it will put you into position to see where you are weak and where you are strong so that you can work towards improvement.

Slow Burn Yoga Flow

Feel the burn and breathe through it in this playful but challenging flow. Expect Kundalini pranayama, long-held postures, arm balancing, & inversions (getting up-side-down). Expect to try new things, to feel the discomfort, and work your heiney off to be steady. Beginners are welcome but this class would be a great fit for intermediate practitioners looking to step it up.

Cuss & Burn Yoga

Take yoga postures and mix them with some mobility practices. Short intense moments of burning (the kind that make you wanna cuss) are the aim in this class, paired with music that may or may not use some cuss words. This class is intended to CHANGE your body. So expect this class to wear you the cuss out.

Yin + Yang: Slow Yoga Flow & Deep Stretch

This class is a slow and gentle yoga flow combining Yin Yoga, Hatha Yoga and a little Vinyasa Yoga. It's meant to get you moving but also offer some deep stretch and relaxation to balance out your practice. *This is the best weekly class for beginners.*

Power Vinyasa Yoga Flow

All the same moves as Vinyasa & Hatha Yoga but put into sequencing that keeps you on the move. This class is meant to get you sweating, breathing, and seriously putting in the effort. Of course everyone has to start somewhere, if you enjoy Freestyle Vinyasa and want to try stepping it up a bit, come to this class. You can ALWAYS rest or slow it down to create a practice that works best for you.