

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

Mondays 8–9am : Yoga + HIIT

5:45–7pm : Vinyasa Jukebox

Tuesdays 5:15–6:15am : Cuss & Burn Yoga

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 6–7:15pm : Yin + Yang

Fridays 8–9:15am : Freestyle Vinyasa Yoga Flow

12–1pm : Yin Yoga: Deep Stretch & Relaxation

4:30–5:30pm : Yoga + HIIT

Saturdays 9–10:15am : Power Vinyasa Yoga

10:30–11:30am : Yin + Yang: Slow Flow & Deep Stretch

Sundays 10:30–11:45am : Hatha Yoga

4–5:15pm : Yin Yoga: Deep Stretch & Relaxation

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

Classes are held at 218 E Walnut Street in downtown Salina, Kansas

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IAMAWORKINPROGRESS.COM**

CLASS DESCRIPTIONS

Yoga + HIIT

This is a 1 hour mix of yoga and high-intensity interval training. The class will start with a 15 minute yoga warm-up, followed by 30 minutes of HIIT, and ending with 15 minutes of yoga. HIIT can be performed at a variety of different levels. Starting out a slower pace paired with mindful movements and as your body gets stronger, level up as you see fit.

Vinyasa Jukebox

Vinyasa Jukebox is Freestyle Vinyasa with a themed playlist. 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.

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. Done regularly, this class will CHANGE your body.

Mindful Strength Hatha Yoga

Hold your body up with grace in this class. Stay focused on purposeful, mindful control of the body and its 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.

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 want to try stepping it up a bit, join us!

Yin Yoga: Deep Stretch & Relaxation

Yoga for the mind, body and soul... well that's like... all yoga — but this kind is soooo 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. **Best weekly class for beginners.**

Slow Flow Yoga

Move slow and feel the burn in this playful but challenging flow. Expect to try new things, to feel the discomfort, and work your heiney off to be steady.

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. **Best weekly class for beginners who want to move more.**

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, and keep you on your toes.