



Winter 2018 Class Schedule

858 10th Street | Arcata | 707-825-YOGA

www.omshalayoga.com

Schedule and Pricing Subject to Change: Please visit our website for most current schedule
Class Descriptions on Reverse Side

MONDAY

7:00-9:00am	Ashtanga Level 2: Primary Series	Joey Paz
9:00-10:15am	Align and Flow	Samantha Akers
9:30-11:00am	Intro to Ashtanga	Joey Paz
11:00-12:30pm	Mindful Flow	Ashley Paz
4:00-5:15pm	Mindfulness Meditation \$9	Heidi Bourne
5:30-7:00pm	Align and Flow	Peggy Profant
6:30-8:00pm	Kundalini	Shannon Brawley
7:15-8:45pm	Candlelight Flow & Restore	Samantha Akers

TUESDAY

9:00-10:30am	Anusara Level 1/2	Peggy Profant
9:00-11:00am	Mysore (Ashtanga)	Stephanie Corigliano
10:30-11:00am	Meditation	Peggy Profant
11:00-12:30pm	Fusion Flow	Shemaia Skywater
4:00-5:00pm	Kids Yoga \$9	Rosada Martin
5:30-7:00pm	Ashtanga Vinyasa Level 1/2	Kelly O'Roke
7:15-8:45pm	Vinyasa Flow	Robert Duncan
8:00-9:00pm	Yoga Nidra	Anna O'Gorman

WEDNESDAY

7:00-9:00am	Ashtanga Level 2: Primary Series	Joey Paz
9:00-10:15am	Align and Flow	Samantha Akers
9:30-11:00am	Intro to Ashtanga	Joey Paz
11:00-12:30pm	Forrest Yoga	Janine Melzer
5:30-7:00pm	Hot Power Vinyasa Level 2/3	Heather Woodman
5:40-6:55pm	Prenatal Yoga	Jodie DiMinno
7:15-8:45pm	Candlelight Flow & Restore	Samantha Akers

THURSDAY

9:00-11:00am	Mysore (Ashtanga)	Stephanie & Dominic Corigliano
9:30-10:45am	Yin Yoga & Meditation	Samantha Akers
12:00-1:15pm	Heated Core Strength Vinyasa	Erica Haines
5:30-7:00pm	Ashtanga Vinyasa Level 1/2	Joey Paz
7:15-8:45pm	Vinyasa Flow	Robert Duncan

FRIDAY

9:00-10:30am	Anusara Level 1/2	Peggy Profant
9:30-11:00am	Intro to Ashtanga	Kelly O'Roke
10:30-10:55am	Meditation	Peggy Profant
11:00-12:15pm	Fusion Flow	Robert Duncan
5:30-7:00pm	Hot Power Vinyasa Level 2/3	Heather Woodman

SATURDAY

7:00-8:15am	Sunrise Flow	Ashley Paz
9:00-10:20am	Gentle Yoga \$9	Sarah Matik
10:30-12:00pm	Forrest Yoga	Janine Melzer

SUNDAY

9:00-10:15am	Align and Flow	Samantha Akers
10:30-12:00pm	Vinyasa Flow Level 2	Allison Pals
6:30-8:00pm	Relax Deeply	Jodie DiMinno



Pricing and Class Descriptions

Check our website and follow us on facebook to get up to date information on special events and promotions

PRICING

Class Passes include sauna before or after class. Passes can be shared and normally expire after 365 days, unless it is a special promotion. Students with ID, Seniors 65+ & Expecting Mothers get 15% 5 class Passes

10 Class Pass	\$120 (\$12/class)
5 Class Pass	\$75 (\$15/class)
Single Class +Sauna	\$17
Prenatal Yoga	\$15
Sauna Drop in	\$8
Sauna Happy Hour M-F 1-5pm	\$5
Sauna 10 Pass	\$70
Single Community Class	\$9
10 Class Community Pass	\$75
*Monthly Unlimited	\$149
*Auto Bliss (6 month commitment)	\$120

*Unlimited Passes include all regularly scheduled classes and Sauna anytime

TEACHER TRAININGS AND ADVANCED SKILLS

200 Hour Summer Yoga Teacher Training
Begins June 1, 2018

Therapeutic Yoga Applications Series w/ Sam Akers

Session 1: March 23-25

Experiential Anatomy, the Role of Fascia in Asana & Tune Up Ball Rolling Training.

Session 2: April 27-29. Therapeutics & Alignment of the Feet & Knees.

OM SHALA FOR MAMAS AND BABIES

With Jodie DiMinno

For information pick up a printed program at the front desk or visit

www.omshalayoga.com/childbirth-education

Class Descriptions

Align and Flow: A light-hearted flowing practice that links breath and movement with a focus on physical alignment.

Anusara Yoga: Combines a life-affirming philosophy with a refined system of physical alignment. A heart-opening theme is woven through each class.

Ashtanga Vinyasa: A systematic approach to yoga practice that uses set sequences and precise breathing techniques. Expect to sweat.

Candlelight Flow & Restore: Taught in a candlelit room, similar to classical Vinyasa Flow class, but with longer held poses. You will have the opportunity to align the body, Be prepared to sweat! Classes will close with a delicious restorative pose and Savasana

Core Strength Vinyasa: A heated vinyasa flow class with longer hold that emphasizes core strength. Learn to use waves to move freely from the inner body to outer body full expression. Begins with Shaktipat Meditation

Forrest Yoga: A strong and compassionate practice, created by master yogini Ana Forrest. Brings a sense of freedom and connection to spirit.

Fusion Flow: An Intelligent, and dynamic practice that shifts into a meditative, deep, therapeutic floor sequence all woven together with mantra, mudras, breath awareness and meditation

Gentle Yoga: A slower paced class that makes space for tuning in and cultivating a softening of breath, body, mind and heart. Includes mindful movement, gentle stretching, self-massage and yin and restorative poses.

Intro to Ashtanga: The place to start learning the Ashtanga system in an accessible and supported way

Kids Yoga: Ages 4-9. Fun poses with animal themes, sun salutations, games, storytelling and guided meditations to bring peace and calm to a child's busy day.

Kundalini Yoga: A dynamic practice which utilizes breath work, mantra, mudras, asana and body locks to repair the nervous system, balance the glandular system, expand lung capacity and purify the blood. Includes kriya, deep relaxation and meditation.

Mindful Flow: Combines breath, movement and meditation to increase our connection to our highest self, integrating alignment and therapeutic principles.

Mysore: A self-guided practice in a group setting. Beginning students (or students new to Ashtanga) start with a simple routine and build their practice as they are able with the help of the instructor. Experienced students practice with the support of a teacher and the warmth and energy of the group setting. Students of all ages and abilities are welcome.

Power Vinyasa: A challenging yoga series based on Baptiste Yoga. Please bring a mat, water and towel. Room heated to 90 degrees.

Relax Deeply: An environment of support and safety, encouraging students to surrender and allow themselves to rest and recover. Includes chanting and singing to help integrate and deepen sensations of being connected to the self and the earth

Sunrise Flow: A perfect way to begin the day! This class will focus on breath and movement, creating an invigorating flow that enhances strength and flexibility.

Vinyasa Flow: A vigorous, flowing practice that links breath with movement and is often accompanied by music

Yoga Nidra: A gentle warm up followed by guided meditation that combines awareness with deep relaxation, ideal for dealing with stress, insomnia, grief and chronic conditions

Yin Yoga & Meditation: Seated and reclining poses that are held passively for 3-7 minutes. Complements a more active yoga practice as it provides the balance of stillness. Helpful for anyone suffering from low energy or stress. All levels welcome