



Summer 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

7:45-8:45am	Community Align and Flow \$9	Sean Balassa
9:00-10:15am	Align and Flow	Samantha Akers
9:00-11:00am	Mysore**	Stephanie Corigliano
4:00-5:15pm	Mindfulness Meditation \$9	Heidi Bourne
5:30-7:00pm	Align and Flow	Peggy Profant
6:30-8:00pm	Kundalini	Dayna Cryder
7:15-8:45pm	Candlelight Flow & Restore	Samantha Akers

TUESDAY

7:45-8:45am	Rise and Shine Flow \$9**	Shemaia Skywater
9:00-10:30am	Align and Flow	Peggy Profant/Shemaia Skywater
9:00-11:00am	Mysore**	Stephanie Corigliano
5:30-7:00pm	Ashtanga Vinyasa Level 1/2	Kelly O'Roke
7:15-8:45pm	Hatha PM Level 1/2	Robert Duncan
8:00-9:00pm	Yoga Nidra	Anna O'Gorman

WEDNESDAY

7:45-8:45am	Community Align and Flow \$9	Sean Balassa
9:00-10:15am	Align and Flow	Samantha Akers
9:00-11:00am	Mysore**	Kelly O'Roke
5:40-6:55pm	Prenatal Yoga	Jodie DiMinno
6:00-7:00pm	Hot Power Vinyasa Level 2/3	Heather Woodman
7:15-8:45pm	Candlelight Flow & Restore	Samantha Akers

THURSDAY

7:45-8:45am	Rise and Shine Flow \$9**	Shemaia Skywater
9:00-11:00am	Mysore**	Dominic Corigliano
9:30-10:45am	Yin Yoga & Meditation	Samantha Akers
5:30-7:00pm	Ashtanga Vinyasa Level 2	Kelly O'Roke
6:00-7:15pm	Hatha Flow	Ashley Paz
7:15-8:45pm	Vinyasa Flow	Robert Duncan

FRIDAY

9:00-10:30am	Align and Flow	Peggy Profant/Shemaia Skywater
9:30-11:00am	Intro to Ashtanga Level 1	Kelly O'Roke
11:00-12:15pm	Vinyasa Flow Level 1	Robert Duncan
6:00-7:00pm	Hot Power Vinyasa Level 2/3	Heather Woodman

SATURDAY

9:00-10:20am	Gentle Yoga \$9	Ashley Paz
10:30-12:00pm	Forrest Yoga	Janine Melzer

SUNDAY

9:00-10:15am	Align and Flow	Samantha Akers
10:30-12:00pm	Breath-Centered Vinyasa	Kelly O'Roke
6:30-8:00pm	Relax Deeply	Jodie DiMinno

**Some summer cancellations, please check our online schedule for most accurate information



Pricing and Class Descriptions

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

SINGLE & MULTI-CLASS PASSES

Class Passes include sauna before or after class. Passes may be shared and expire after 6 months from purchase, unless it is a special promotion.

Drop in Class (includes Sauna)	\$17
Drop in Sauna	\$8
New Student 3 Class Pass	\$30
10 Class Pass*	\$120
*Shareable, Expires in 6 months	
Community Class Drop In	\$9
Community Class 10 Class Pass	\$75

OM SHALA FOR MAMAS AND BABIES- DROP INS \$15

With Jodie DiMinno

For information pick up a printed program at the front desk or visit www.omshalayoga.com/childbirth-education

MEMBERSHIP PACKAGES

Om Shala Members Receive Unlimited Sauna, 10% off retail purchases & special deals and discounts throughout the year

One Month Unlimited	\$149/month
Automatic Bliss Unlimited Monthly*	\$120

* recurring monthly membership that requires a 6 month commitment

UPCOMING TEACHER TRAININGS

200 Hour Intensive Teacher Training June 1-22, 2018

200 Hour Residential Weekend Teacher Training begins November 2018-April 2019

Please visit www.omshalayoga.com for more information regarding our teacher training program

Class Descriptions

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

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

Breath-Centered Vinyasa: Where traditional practice meets innovation and fun. A challenging class which pairs intentional rhythmic breathing with flowing themed sequences of postures and finishing with beginning pranayama (breathing exercises) and guided meditation.

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

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

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.

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.

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

Mindfulness Meditation: For anyone interested in sitting with a group in supported silence. Instructions and guided meditations focus on developing mindful awareness, compassion, and kindness. Class begins with a 20-30 minute talk drawing on secular and Buddhist perspectives, 30-35 minutes of silent meditation, followed by a group discussion.

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. New students are encouraged to make a 1 month initial commitment. Students with an established practice are welcome to drop in.

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

Rise and Shine Flow Just in time for the longer days of summer, an early practice to start your day off right! This class moves playfully from A rhythmic slower flow of poses into a more dynamic sequence of surya namaskar and standing poses concluding with a few long-held poses and Savasana.

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

Need help finding the right class for you? Email Kelly@omshalayoga.com for guidance on starting your journey with Yoga

ONGOING CLASSES

Wednesdays Prenatal Yoga 5:40-6:55pm

\$15

POSTPARTUM YOGA SERIES

Six Wednesdays May 16-June 20 2:00-3:15pm

\$75

MEET THE DOULAS

Friday May 25 and Aug 27 6:30-8:00pm

FREE

YOGA & MASSAGE FOR CHILDBIRTH

Sunday May 27 3:00-4:30pm

Sunday July 29 3:00-4:30pm

\$30/COUPLE

PRENATAL YOGA ON THE BALL

Sunday June 24 & Aug 26 3:00-4:15pm

\$15

INTRODUCTION TO INFANT MASSAGE

Sunday June 17 3:00-4:30pm

\$20

RELAXATION & VISUALIZATION FOR BIRTH

Sunday June 3 3:00-4:30pm

Sunday August 5 3:00-4:30pm

\$15

MINDFUL PREPARATION FOR BIRTH

Please contact Jodie for scheduling information

\$20/COUPLE

MAMMALOGUES: MAY 11 7:30-9:30PM

FREE!

Mamalogues: Stories of Birth is an honest, heartfelt presentation of true birth stories told by women in our community.

COMMUNITY BLESSINGWAY: JULY 21

FREE!

Let's gather to honor, celebrate, and love the mothers to be in our community! All are welcome to attend. Several local birth professionals will be in attendance offering resources to pregnant families.



ABOUT THE PROGRAM COORDINATOR: JODIE DIMINNO

Jodie is a 500-hour certified Kripalu Yoga instructor, Massage Therapist & Doula. She specializes in prenatal and restorative yoga, offering her knowledge and support to pregnant women and their families so that they may experience pregnancy and birth as magical and deeply transformative events.

*PRENATAL MASSAGE IS ALSO AVAILABLE,
CONTACT JODIE TO SCHEDULE YOUR SESSION*

No yoga experience is required. Must pre-register by day before event with the exception of ongoing prenatal classes. Scholarships available based on need. Please feel free to contact Jodie directly at livelyouryoga@yahoo.com or 707-616-0930 with questions



Om Shala for Mamas and Babies

Class Information

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PRENATAL YOGA (ONGOING)

This gentle and deep class uses breath sound, and movement to maintain comfort and health during pregnancy, labor and birth. Skills and approaches learned through the focused practice of yoga will help prepare your body, mind and spirit to welcome your baby into the world

POSTPARTUM YOGA SERIES

This class is for mothers at least 6 weeks postpartum and their pre-crawling babies. The class will consist of breath, simple yoga postures and restorative poses, as well as stretches, songs and movements to engage your baby. Please bring your favorite baby-wearing device.

MEET THE DOULAS

This is an opportunity for expectant families in Humboldt County to meet local doulas and hear about the services they offer to guide and support you through pregnancy and birth. Formal introductions will be followed by a Q&A session

YOGA FOR CHILDBIRTH

In this workshop you will learn breathing practices, partner yoga, and basic massage techniques that can help ease discomfort during pregnancy and labor. Your partner will be encouraged and empowered to take an active role during your birthing process

PRENATAL YOGA ON THE BALL

The birth ball (also known as an exercise or fitness ball) is a great comfort and fitness tool for women to use during pregnancy, labor, and birth and the postpartum period. Please bring your own ball to class.

INFANT MASSAGE SERIES

This class teaches parents and caregivers simple massage techniques to help encourage bonding through nurturing touch. Other benefits include increased parent confidence, clearer communication with baby, and better sleep for everyone! Older siblings and other family member are invited to attend.

RELAXATION & VISUALIZATION FOR BIRTH

Simple supported poses, gentle breathwork, and guided visualization will help prepare you for a peaceful birth. This class is appropriate for all phases of pregnancy including women whose activity has been restricted. Birth partners are welcome to attend

MINDFUL PREPARATION FOR CHILDBIRTH

In this informative workshop, explore the stages of labor while practicing yoga in a fun and supportive environment! Experiment with various movements and postures that may be helpful in coping with discomfort and keep labor moving along smoothly. A portion of the class will be dedicated to helping you create a birth plan with plenty of time for questions. Birth partners and Doulas are encouraged to attend.