

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-8:45am <i>Mysore Ashtanga</i> Bryan	6:30-8:45am <i>Mysore Ashtanga</i> Phoebe	6:30-8:45am <i>Mysore Ashtanga</i> Phoebe	6:30-8:45am <i>Mysore Ashtanga</i> Phoebe	6:30-8:45am <i>Mysore Ashtanga</i> Phoebe		7:30-9:15am <i>Mysore Ashtanga</i> Phoebe
	7:00-7:45am <i>Hatha &amp; Meditation*</i> Ben		7:00-7:45am <i>Vinyasa*</i> Ben		8:30-9:30am <i>Hatha</i> Ben	
9:30-10:45am <i>Hatha*</i> Chance				9:30-10:30am <i>Soma Yoga</i> Sofia S		9:30-10:45am <i>Hatha &amp; Meditation</i> Greg
	10:30-11:30am <i>Gentle Flow</i> Dallas		10:30-11:30am <i>Gentle Flow</i> Dallas^			
					12:00-1:00pm^ <i>Vinyasa</i> Chance	11am-12:00pm <i>Vinyasa</i> Greg^
12:00-1:00pm <i>Vinyasa</i> Angela	12:00-1:00pm <i>Vinyasa</i> James	12:00-1:00pm <i>Vinyasa</i> Sofia P^	12:00-1:00pm <i>Vinyasa</i> James	12:00-1:00pm <i>Vinyasa</i> Angela		
4:30-5:45pm <i>Vinyasa</i> James	4:30-5:30pm <i>Vinyasa</i> Angela	4:30-5:30pm <i>Hatha</i> Ben	4:30-5:45pm^ <i>Hatha</i> James			5:30-6:45pm <i>Vinyasa</i> Julia
6:00-7:15pm <i>Kundalini</i> Vicki	6:00-7:15pm <i>Hatha</i> Kai	6:00-7:00pm <i>Gentle Flow</i> Kai	6:00-7:15pm <i>Kundalini</i> Sue	5:00-6:15pm^ <i>Vinyasa, Chanting, &amp; Restorative</i> James		
7:30-9:00pm <i>Yoga for Queer Folx</i> Kai <i>3rd Monday</i>			7:30-8:30pm <i>Gentle &amp; Restorative</i> Julia			
						8:30-9:30pm <i>Yoga for Sleep*</i> Nichole

\*All classes are hybrid (offered both in-person and live stream), except for classes with one asterisk, which are offered via live stream only.\*

^Indicates a class schedule change: new class, new teacher, or new class time.^



CENTER INWARD • REACH OUTWARD

**Intro Offer for New Students:**  
\$30 for 30 Days of Unlimited Yoga Classes  
**Monthly Memberships:**  
Reduced Rate: \$65/month  
Standard Rate: \$90/month  
Donor Rate: \$115/month

## One Yoga

### Address

2637 27th Ave S  
Suite 207  
Minneapolis, MN 55406

### Contact

info@one-yoga.org  
612-872-6347

### Mission

One Yoga improves health equity in our community through access to a broad range of teachings and practices of yoga.

## Pricing Options

### Intro Offer

\$30 for 30 Days

### Free Intro for BIPOC Folx

\$0 for 30 Days

### Monthly Memberships

Reduced Rate: \$65/month  
Standard Rate: \$90/month  
Donor Rate: \$115/month  
(ACH payment saves \$5/month)

### Annual Membership

\$960

### One Month Unlimited

\$125

### Single Class

\$20

### 6-Class Pass

\$105

### 12-Class Pass

\$192

## Class Descriptions

**Ashtanga Vinyasa** incorporates Ashtanga Yoga's Sun Salutations, Fundamental Postures, and Closing Sequence and is the container for a more creative and experimental Vinyasa Flow to be held within.

**Gentle Flow** helps release stress and tension through conscious breathing, gentle movement, and stretching. This class is appropriate for all ages, abilities, fitness levels, and body types, as well as those who are recovering from injury or illness. It is a great option for new students.

**Hatha** refers to the balancing of our receptive and active energies. This balance is achieved through slow-flowing movement, well-aligned postures, breath work, intentional core engagement, and meditation.

**Kundalini** yoga aims to awaken the divine energy that resides in all of us through pranayama, asana, and meditation.

**Meditation** is the practice of resting into the present moment experience of the body and mind. Meditation fosters joy, tranquility, concentration, and equanimity.

**Mysore Ashtanga** students practice the Ashtanga yoga sequence at their own pace with individual attention from the teacher including hands-on adjustments and verbal cuing. Students may arrive anytime during the class. New students are welcome and encouraged to contact instructors by emailing [mysore@one-yoga.org](mailto:mysore@one-yoga.org).

**Restorative** yoga reduces stress and soothes the nervous system through gentle postures, breathing practices, and meditation.

**Vinyasa** is a rhythmic practice that energizes the body and quiets the mind by using conscious breath to flow dynamically from posture to posture through a variety of transitional movements.

**Yoga Basics** supports students in learning and practicing a variety of foundational yoga poses that can enhance physical, mental, and emotional well-being. This class is a great option for new students or those looking to get back into a yoga practice.

**Yoga for BIPOC** is an all-levels Hatha yoga class offering a healing space for those identifying as Black, Indigenous, and People of Color to help improve their physical, mental, and emotional health and wellbeing. Yoga for BIPOC is an entry point for people new to yoga, as well as a means for those with yoga experience to continue to evolve their practice.

**Yoga for Queer Folx** is an all-levels, straight-free, gentle flow yoga practice. Bring your whole queer self; lean in, be you, and breathe free.

**Yoga for Sleep** begins with gentle movement followed by restorative postures to support your system to prepare for a restful night of sleep. Practice closes with a yoga nidra guided meditation.

**Yoga Nidra** cultivates a relaxation of the body and mind through awareness of breath, feelings, sensations, and consciousness. Practice often includes establishing an intention at the beginning and a clarifying resolution at the conclusion.

Check out upcoming workshops, series, and events at [one-yoga.org](http://one-yoga.org).