

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 & 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>Gentle Flow</i> Sofia		9:30-10:45am <i>Hatha & Meditation</i> Greg
	10:30-11:30am <i>Gentle Flow**</i> Teacher TBA		10:30-11:30am <i>Gentle Flow</i> Kitana		10:00-11:00am <i>Gentle Flow**</i> Jana	
					11:30am-12:30pm <i>Vinyasa**</i> Chance	11:30am-12:45pm <i>Kundalini</i> Liz
12:00-1:00pm <i>Vinyasa**</i> Angela	12:00-1:00pm <i>Vinyasa</i> James	12:00-12:45pm <i>Vinyasa</i> Ben	12:00-1:00pm <i>Vinyasa</i> James	12:00-1:00pm <i>Vinyasa</i> Angela	1:00-2:00pm <i>Yoga Basics**</i> Jana 1st Saturday	
					1:00-2:15pm <i>Yoga for BIPOC</i> James 2nd Saturday	
4:30-5:45pm <i>Vinyasa</i> James	4:30-5:30pm <i>Vinyasa</i> Angela	4:30-5:30pm <i>Hatha</i> Ben	4:30-5:30pm <i>Hatha</i> James	4:30-5:30pm <i>Vinyasa</i> Jana**		
	6:00-7:00pm <i>Vinyasa</i> Chance	6:00-7:00pm <i>Vinyasa</i> Jana**	6:00-7:15pm <i>Kundalini</i> Liz	6:00-7:15pm <i>Vinyasa, Chanting, & Restorative</i> James		6:00-7:15pm <i>Vinyasa+</i> Paula
6:30-7:45pm <i>Kundalini</i> Liz						
	7:30-8:30pm <i>Yin Yoga**</i> Teacher TBA	7:30-8:30pm <i>Gentle Flow</i> Greg	7:30-8:30pm <i>Yin Yoga</i> Paula			8:30-9:30pm <i>Yoga for Sleep*</i> Nichole

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

Two asterisks indicate 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: \$50/month
Standard Rate: \$75/month
Donor Rate: \$100/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

\$0 for 30 Days

Monthly Memberships

Reduced Rate: \$50/month*
Standard Rate: \$75/month
Donor Rate: \$100/month

5-Class Pass

\$80

Single Class

\$20

** For individuals from low-income households or students who plan to participate in live stream classes only.*

Class Descriptions

Yoga Basics supports students in learning and practicing a variety of foundational yoga poses that can enhance your physical, mental and emotional well-being.

Ashtanga Vinyasa is a fluid, athletic yoga sequence consisting of sun salutations, standing, seated and finishing postures that synchronizes the flow of conscious breath, precise movement, specific gaze points and directed energy. This class is suitable both for students new to the Ashtanga method and established practitioners looking to refresh or refine their knowledge of the method.

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! For more information email mysore@one-yoga.org.

Gentle Flow helps release stress and tension through conscious breathing, gentle movement, and stretching. This class is appropriate for all ages and abilities, including individuals recovering from injury, illness, or decreased fitness. 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.

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. **Vinyasa+** includes intermediate to advanced postures such as binds, arm balances and inversions.

Yin Yoga induces a deeper state of flexibility and awareness through sustained holds, allowing muscles to relax, energy to flow more freely in the body, and the mind to settle. Yin Yoga is an excellent complement to the fundamentally yang nature of more dynamic yoga and other activities.

Check out upcoming workshops, series, and events at one-yoga.org.