

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>Gentle Flow**</i> Rhianna		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> 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> Anastasia
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 <i>1st Saturday</i>	
					1:00-2:15pm <i>Yoga for BIPOC**</i> James <i>2nd Saturday</i>	
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		5:30-6:45pm <i>Vinyasa**</i> Julia
	6:00-7:00pm <i>Hatha**</i> Kai	6:00-7:15pm <i>Vinyasa**</i> Jana	6:00-7:15pm <i>Kundalini**</i> Sue	6:00-7:15pm <i>Vinyasa, Chanting, &amp; Restorative</i> James		
6:00-7:15pm <i>Kundalini*</i> Vicki						7:00-8:15pm <i>Gentle &amp; Yoga Nidra**</i> Emily
	7:30-8:30pm <i>Gentle &amp; Restorative**</i> Angelina	7:30-8:30pm <i>Gentle Flow**</i> Angelina	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-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

**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 Bryan & Phoebe by emailing [mysore@one-yoga.org](mailto: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, 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.

**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.

**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 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.

**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.

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