

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>Soma Yoga^</i> Sofia		9:30-10:45am <i>Hatha & Meditation</i> Greg
	10:30-11:30am <i>Gentle Flow</i> Dallas		10:30-11:30am <i>Gentle Flow</i> Felicia			
					11:30am-12:30pm <i>Vinyasa**</i> Chance	11am-12:15pm <i>Ashtanga Vinyasa</i> Rosemary
12:00-1:00pm <i>Vinyasa</i> Angela	12:00-1:00pm <i>Vinyasa</i> James	12:00-12:45pm <i>Vinyasa^</i> Dallas	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	4:30-5:30pm <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	6:00-7:15pm <i>Vinyasa^</i> Kai	6:00-7:15pm <i>Kundalini</i> Sue	6:00-7:15pm <i>Vinyasa, Chanting, & Restorative</i> James		
7:30-9:00pm <i>Yoga for Queer Folx</i> Kai <i>3rd Monday</i>			7:30-8:30pm <i>Gentle & 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.

Two asterisks indicates a class held outdoors June-September.

^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

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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.

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.