

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		8:30–9:45am <i>Hatha</i> Ben	
9:30–10:45am <i>Hatha</i> Chance					9:30am–10:30am <i>Vinyasa</i> Chance	9:30–10:45am <i>Hatha &amp; Meditation</i> Greg
	10:30–11:30am <i>Gentle Flow</i> Chance		10:30–11:30am <i>Gentle Flow</i> Greg		10:30–11:30am <i>Gentle Flow</i> Jana	
						11:30am–12:45pm <i>Kundalini</i> Liz
12:00–1:15pm <i>Ashtanga Vinyasa</i> Phoebe	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	12:00–1:00pm <i>Yoga Basics</i> Jana 1 <sup>st</sup> Saturday	
					12:00–1:15pm <i>Yoga for BIPOC</i> James 2 <sup>nd</sup> 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> Amanda		
	6:00–7:00pm <i>Vinyasa</i> Chance	6:00–7:00pm <i>Vinyasa+</i> Greg	6:00–7:00pm <i>Vinyasa</i> Paula	6:00–7:15pm <i>Vinyasa, Chanting &amp; Restorative</i> James		6:00–7:15pm <i>Vinyasa+</i> Paula
6:30–7:45pm <i>Kundalini</i> Liz			6:30–7:45pm <i>Kundalini</i> Liz			
	7:30–8:30pm <i>Yin</i> Paula	7:30–8:30pm <i>Gentle Flow</i> Greg				8:30–9:30pm <i>Yoga for Sleep</i> Nichole

\*Grey highlighted boxes indicate hybrid classes (offered both in-person and live stream)\*

\*All other classes are offered via live stream only, with no in-person option\*



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](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 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 & events at [one-yoga.org](http://one-yoga.org).**