

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-8:30am <i>Mysore Ashtanga</i> Bryan	6:00-8:30am <i>Mysore Ashtanga</i> Phoebe	6:00-8:30am <i>Mysore Ashtanga</i> Phoebe	6:00-8:30am <i>Mysore Ashtanga</i> Phoebe	6:00-8:30am <i>Mysore Ashtanga</i> Bryan		
	7:00-7:45am <i>Hatha & Meditation*</i> Ben		7:00-7:45am <i>Vinyasa*</i> Ben			7:30-9:15am <i>Mysore Ashtanga</i> Phoebe
9:30-11:00am <i>Hatha & Yin*</i> Chance					8:30-9:30am <i>Hatha</i> Ben	9:30-10:45am <i>Led Ashtanga</i> Phoebe
	10:30-11:30am <i>Gentle Flow</i> Dallas		10:30-11:30am <i>Gentle Flow</i> Sofia P			11:00-12:15pm <i>Hatha & Meditation</i> Kai
12:00-1:00pm <i>Vinyasa</i> Angela	12:00-1:00pm <i>Vinyasa</i> James		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>Vinyasa</i> Anastasia	4:30-5:45pm <i>Hatha</i> James			
	6:00-7:15pm <i>Hatha</i> Kai	6:00-7:00pm <i>Yin</i> Anastasia	6:00-7:15pm <i>Vinyasa+</i> Zoe	5:00-6:15pm <i>Vinyasa, Restorative, & Yoga Nidra</i> James		
7:30-8:30pm <i>Yoga for Queer Folx^</i> Kai	7:30-8:30pm <i>Gentle & Restorative</i> Kai					

All classes are hybrid (offered both in-person and live stream).

*Offered via live stream only.

^Indicates a monthly or quarterly offering.



CENTER INWARD • REACH OUTWARD

Intro Offer for New Students: \$35 for 15 days of Unlimited Yoga Classes Continue Your Practice: Quarterly Memberships, Annual Memberships, Mysore Memberships

One Yoga

Address

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Minneapolis, MN 55406

Contact

info@one-yoga.org

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

\$35 for 15 days

Free Intro for BIPOC Folx

\$0 for 15 days

Quarterly OY Membership

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

Annual OY Membership: \$960

1-Month Unlimited: \$125

12-Class Pass: \$192

6-Class Pass: \$105

Single Class: \$20

Quarterly OY + Mysore Membership

Donor Rate: \$190/month
Standard Rate: \$160/month
(ACH payment saves \$5/month)

Annual OY + Mysore Membership: \$1,600

Mysore 1-Month Unlimited: \$225

Mysore 10-Class Pass: \$240

Mysore 5-Class Pass: \$125

Mysore Single Class: \$30

Class Descriptions

Ashtanga: Mysore is where 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.

Ashtanga: Led Primary Series 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.

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.

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.

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 Para La Gente: Sumérgete en un espacio enfocado en proporcionar habilidades y herramientas para manejar el estrés. La sesión incorporará prácticas de mindfulness y relajación guiada con el objetivo de integrar lo aprendido a través de pequeños movimientos suaves y respiración.

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.