



CENTER INWARD · REACH OUTWARD

## Sept – Oct – Nov, 2019 Class Schedule

Visit [one-yoga.org](http://one-yoga.org) for cancellations and schedule changes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>6:30–7:30am</b> <i>Vinyasa</i> Amanda*		<b>6:30–7:30am</b> <i>Vinyasa</i> Greg*			
<b>6:30-9:30am*</b> <i>Mysore Ashtanga</i> Lynn	<b>6:30-9:30am*</b> <i>Mysore Ashtanga</i> Lynn	<b>6:30-9:30am*</b> <i>Mysore Ashtanga</i> Lynn	<b>6:30-9:30am*</b> <i>Mysore Ashtanga</i> Lynn	<b>8:00-9:30am</b> <i>Ashtanga: Primary Series</i> Lynn	<b>8:30-9:45am</b> <i>Hatha</i> Ben	<b>8:00-10:00am</b> <i>Mysore</i> Bryan
					<b>9:00-10:15am</b> <i>Kundalini</i> Courtney	
<b>9:30-10:45am</b> <i>Hatha</i> Chance*	<b>9:30-10:45am</b> <i>Hatha</i> Amanda*	<b>9:30-10:45am</b> <i>Hatha</i> Greg*	<b>9:30-10:45am</b> <i>Hatha</i> James	<b>9:30-10:45am</b> <i>Hatha &amp; Meditation*</i> Chance*	<b>10:00–11:30am</b> <i>Vinyasa</i> Ben	<b>9:30-10:45am</b> <i>Hatha &amp; Meditation</i> Greg
					<b>10:30-11:30am</b> <i>Vinyasa</i> Amy	<b>10:30-11:45am</b> <i>Kundalini</i> Liz
	<b>11:00-12:00pm</b> <i>Gentle</i> Shira	<b>11-12:15pm*</b> <i>Yin &amp; Yoga Nidra</i> Kelly	<b>11:00-12:00pm</b> <i>Gentle</i> Shira	<b>11-12:30pm</b> <i>Yin &amp; Yoga Nidra</i> Kelly		<b>11:00-12:15pm</b> <i>Vinyasa</i> Greg
<b>12:00-1:00pm</b> <i>Vinyasa</i> Shira	<b>12:00-1:00pm</b> <i>Vinyasa</i> James	<b>12:00-1:30pm</b> <i>Vinyasa</i> Ben	<b>12:00–1:00pm</b> <i>Vinyasa</i> James	<b>12:00-1:00pm</b> <i>Vinyasa</i> Shira	<b>12:00-1:30pm</b> <i>Yin Yoga</i> Nichole	<b>12:00-1:30pm</b> <i>Yin &amp; Yoga Nidra*</i> Kelly
				<b>2:00-3:15pm</b> <i>Gentle &amp; Restorative</i> Shira*		

<b>4:30-5:45 pm</b> <i>Vinyasa</i> James*	<b>4:30-5:45pm</b> <i>Vinyasa</i> Greg**	<b>4:30-5:45pm</b> <i>Hatha*</i> Ben	<b>4:30-5:45pm</b> <i>Vinyasa</i> James	<b>4:30-5:45pm</b> <i>Vinyasa</i> Amanda*		<b>4:30-5:30pm</b> <i>Gentle &amp; Restorative*</i> Nichole
	<b>5:30–6:45pm</b> <i>Hatha &amp; Meditation</i> Nathaniel*			<b>5:30-6:45pm*</b> <i>Kundalini</i> Liz		<b>5:00-6:15pm</b> <i>Vinyasa+</i> Shira
<b>6:00-7:15pm</b> <i>Hatha</i> James	<b>6:00-7:15 pm</b> <i>Vinyasa</i> Greg**	<b>6:00-7:15pm</b> <i>Vinyasa</i> Ben	<b>6:00-7:15pm</b> <i>Vinyasa+</i> Shira	<b>6:00-7:15pm</b> <i>Vinyasa &amp; Restorative</i> James		
<b>6:30-7:45pm</b> <i>Kundalini</i> Liz		<b>6:30-7:45pm</b> <i>Kundalini*</i> Elle*	<b>6:30-7:45pm</b> <i>Kundalini</i> Liz			<b>6:30-7:30pm</b> <i>Candlelight Flow</i> Shira
<b>7:30-8:45pm</b> <i>Yin &amp; Yoga Nidra</i> Nichole	<b>7:30-8:45pm</b> <i>Yin &amp; Reiki</i> Nathaniel*	<b>7:30-8:30pm</b> <i>Hatha &amp; Meditation</i> Paula	<b>7:30-8:30pm</b> <i>Candlelight Flow</i> Shira			

\* Indicates a new class or class change

\*\*Angela Vincent, currently on maternity leave, will return to teach this class in the winter



CENTER INWARD • REACH OUTWARD

## Intro Offer for New Students \$30 for 30 Days of Unlimited Yoga Classes

*New, local students only*

## Monthly Membership \$85/month for Unlimited Yoga Classes

### One Yoga

721 West 26<sup>th</sup> Street  
Minneapolis, MN 55405

one-yoga.org

612-872-6347

### Our Mission

One Yoga offers health and well-being through the practices of yoga, inclusive of people who traditionally lack access.

### Pricing Options

**Intro Offer**  
\$30 for 30 Days

**Monthly Membership**  
\$85

**One Month Unlimited**  
\$125

**5-Class Pass**  
\$89

**Sliding Fee Pass\***  
\$5 - \$8 - \$10 - \$12

**Single Class\***  
\$20

**7-Day Visitor Pass:**  
\$45

\*Those experiencing financial hardship are invited to apply for a sliding fee rate. Applications and guidelines are available in the studio and online at [www.one-yoga.org](http://www.one-yoga.org).

Terms and policies for passes and membership available at [one-yoga.org](http://one-yoga.org).

### Class Descriptions

**Ashtanga: 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. New students are welcome and encouraged to contact the instructor, Lynn Thomasberg (yogalynn100@gmail.com), before attending.

**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 the instructor, Lynn (yogalynn100@gmail.com), before attending.

**Candlelight Flow** helps release the stresses of your day through conscious breathing, gentle flowing sequences and stretching. The body relaxes and the mind is swept clear.

**Gentle** yoga is perfect for all ages and abilities, including those who are challenged by a decreased level of fitness, are overweight or may be recovering from injury or disease.

**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.

**Reiki** is a Japanese technique used for stress reduction, relaxation, and healing. In a Reiki class the instructor will perform energy attunements supporting improved health & wellbeing for each student.

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