



CENTER INWARD · REACH OUTWARD

March - April - May 2018 Class Schedule

Visit one-yoga.org for cancellations and schedule changes.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|--|---|---|
| 6:30-9:30am <i>Mysore Ashtanga</i> Lynn | 6:30-9:30am <i>Mysore Ashtanga</i> Lynn | 6:30-9:30am <i>Mysore Ashtanga</i> Lynn | 6:30-9:30am <i>Mysore Ashtanga</i> Lynn | 6:30-9:30am <i>Mysore Ashtanga</i> Lynn | | |
| | | | | | 8:30-9:45am <i>Hatha</i> Serita/Ben** | 8:30-10:30am <i>Mysore Ashtanga</i> Jamie |
| | | | | | 9:00-10:15 am <i>Kundalini</i> Nicole | 9:00-10:15am <i>Hatha/Meditation</i> One Yoga Teachers* |
| 9:30-10:45am <i>Hatha</i> Julie | 9:30-10:45am <i>Vinyasa</i> Amy | 9:30-11:00am <i>Hatha</i> Birgit* | 9:30-10:45am <i>Hatha</i> Julie | 9:30-11:00am <i>Ashtanga: Primary Series</i> Jamie | | |
| | | | | | 10:00-11:15am <i>Vinyasa</i> Serita/Ben** | |
| | | | | | 10:30-11:30am <i>Vinyasa</i> Amy | |
| 11-12:30pm <i>Yin & Yoga Nidra</i> Julie | 11:00-12:00pm <i>Gentle</i> Shira | 11-12:30pm <i>Yin & Yoga Nidra</i> Kelly | 11:00-12:30pm <i>Gentle</i> Birgit* | 11-12:30pm <i>Yin & Yoga Nidra</i> Kelly | | 11-12:30pm* <i>Vinyasa</i> Serita |
| 12:00-1:00pm <i>Vinyasa</i> Shira | 12:00-1:00pm <i>Ashtanga</i> Jamie | 12:00-1:15pm <i>Vinyasa</i> Iman/Ben** | 12:00-1:00pm <i>Ashtanga</i> Jamie | 12:00-1:00pm <i>Vinyasa</i> Shira | 12:00-1:30pm <i>Yin Yoga</i> Jamie | 12:00-1:15pm* <i>Yin Yoga</i> Kelly |
| | | | | 2:00-3:15pm <i>Restorative</i> Amy | | |
| 4:00-5:15pm <i>Hatha & Meditation</i> James | 4:00-5:15pm <i>Vinyasa</i> Angela* | 4:00 – 5:15pm <i>Hatha</i> Serita | | 4:00-5:15pm <i>Vinyasa</i> Amy | | |
| 4:30-5:45 pm <i>Vinyasa</i> Amy | 4:30-5:45 pm <i>Ashtanga</i> Jamie | 4:30-5:45pm <i>Vinyasa</i> Amy | 4:30-5:45pm <i>Vinyasa</i> Angela | 4:30-5:45pm <i>Kundalini</i> Nicole | | 4:30-5:30pm <i>Restorative</i> Julie |
| | 5:30 – 6:30 <i>Donation Vinyasa</i> Serita*** | | | | | 5:00-6:15pm <i>Vinyasa+</i> Shira |
| 6:00-7:15pm <i>Hatha</i> James | 6:00-7:15 pm <i>Vinyasa</i> Angela | 6:00-7:15 pm <i>Vinyasa</i> Serita/Ben** | 6:00-7:15pm <i>Vinyasa+</i> Shira | 6:00-7:15pm <i>Vinyasa & Restorative</i> James | | |
| 6:30-7:45pm <i>Kundalini</i> Nicole | | 6:30 – 7:30pm <i>Restorative</i> Amy | 6:30-7:45pm <i>Kundalini</i> Nicole | | | 6:30-7:30pm <i>Candlelight Flow</i> Shira |
| 7:30-9:00pm <i>Yin Yoga</i> Birgit* | 7:30-8:30pm <i>Hatha</i> Serita* | 7:30-8:45pm <i>Hatha/Meditation</i> Serita/Ben** | 7:30-8:30pm <i>Candlelight Flow</i> Shira | 7:30-8:45pm <i>Chanting</i> 1 st & 3 rd Fridays James | | |

*Asterisks indicate either a teacher change or a class time change starting this quarter. **Substitute for Ben Vincent who is on Sabbatical through May 1.

***New donation-based class, pay what you can.



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 26th 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

(effective 12/1/2016)

Intro Offer

\$30 for 30 Days

Monthly Membership \$85

5-Class Pass

\$80

Sliding Fee Pass*

\$5 - \$8 - \$10 - \$12

Single Class*

\$20

7-Day Visitor Pass:

\$45

(out-of-town guests only)

*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.

Terms and policies for passes and membership available at one-yoga.org.

Class Descriptions

Ashtanga 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.

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. Those new to Ashtanga should allow 30 to 40 minutes for practice. Students are welcome to observe the class before attending. *Questions? Please contact Lynn at yogaLynn100@gmail.com.*

Ashtanga: Primary Series is the full Primary series and is appropriate for students who have a regular Mysore practice or have attended our one-hour Ashtanga classes.

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.

Chanting is an exploration of the ancient yogic art of chanting sacred mantras. We'll use the sound and silence of voice, breath and heart to create a joyful and meditative state.

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 – or a calm seeing of the true nature of things.

Qigong is an ancient Chinese practice integrating physical postures, breathing techniques and focused intention to support overall health. Qigong helps you clear, cultivate and circulate Qi -- the palpable energy that animates all life -- throughout your entire body.

Restorative yoga helps to reduce stress and soothe the nervous system through gentle postures, breathing practices, and meditation techniques.

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 or in the studio.