



Schedule - 9/6/2017

Monday

4:30-5:30pm Yoga Therapy
5:45-6:45pm Mixed Level
7:00 -8:00pm Yoga therapy

Wednesday

6:00-7:00am Ashtanga Yoga
9:30-10:30am Yoga Therapy
4:30-5:30pm Upper Body/Core
5:45-6:45pm Yoga therapy
7:00-8:00pm Deepen your practice

Thursday

9:30 -10:30am Upper Body/Core
8:00 - 9:00pm Candlelight Yoga - Karen

Friday

9:30- 10:30am Mixed Level
11:00-12:00pm Yoga Therapy

Saturday

8:30-9:45am Kundalini Yoga
10:00- 11:00am Yoga Therapy

New Special 4 week classes

Intro to Kundalini Yoga

Fridays, 6:15-7:00pm, 9/15, 9/22, 9/29, 10/6

Come experience the mystery of Kundalini Yoga and why it is the simplest yet the most powerful practice. Give it a try!

Just Move!

Saturdays, 11:15-12pm, 9/9, 9/16, 9/23, 9/30

Our body is meant to move! Come learn body awareness, spatial awareness, and improve body balance. Enjoy upbeat inspiring music as you move! Open to all!

Yoga for Emotional Freedom,

Tuesdays, 6:45-7:30pm, 9/12, 9/19, 9/26, 10/3

Old stuff dragging you down? You know but still can't shake things off or stop repeating the same patterns! Through specific postures and movements, breathing and intention, you will experience a change in the mental/emotional state that will catalyze a shift in your perspective and guide your intuition. This class is not to be missed!

Ashtanga Yoga

My old time favorite practice. We will move through a given set of postures to build strength, endurance and confidence in your body. This practice builds focus, grit and is highly meditative. Great class to get your practice in and to work towards a clear goal.

Candlelight Yoga with Massage

Perfect way to end your day and prepare for better sleep! Come enjoy this very calming, deeply relaxing class with hand and foot massage to wash away the day's stress and fatigue!

Deepen Your Practice!

Are you a seeker? Have you been practicing for a while and are ready for more? You will learn to refine and deepen the postures with the alignment details and tweaking specific to your body, tap into the other limbs of Yoga and unravel the ancient wisdom that is so relevant in today's life. Come join us!

Kundalini Yoga

A practice that uses the chanting, breath work, meditations and physical movements ranging from easy to challenging to energize and profoundly clear the mind. It is a must try class! Come and experience pure bliss! Open to all!

Mixed Level

Recommended for students

- familiar with Yoga and have spent min. 6 months in Level I class
- wanting a more challenging and progressive class
- with teacher's approval

Class will include sun salutation flow and may include more challenging postures. Modify to your level.

Upper Body/Core

Yoga Therapy with focus on building upper body and core strength. All levels!

Yoga Therapy- Level 1

Learn the yoga basics of simple movements and breathing techniques to de-stress mind and body. Recommended for:

- Beginners
- Those with chronic conditions, physical limitations and in recovery from surgery
- Those needing a slower and gentler practice

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