

Olde Mill Yoga & Wellness Center



336 Bushkill Street Tatamy, PA

www.OldeMillYoga.com

Class Schedule

- Please see reverse for **Class Descriptions**.
- The **length of each class** is designated below its title.
- Please, when choosing a class refer to the **recommendations** on the reverse side of this schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 am Rise and Shine and OM 45	6:00 am Rise and Shine and OM 45	6:00 am Rise and Shine and OM 45			8:30 am Restorative Yoga 90
9:30 am Yoga Flow 90	9:30 am Vinyasa Yoga 90	9:30 am Yoga Flow 90	9:30 am Vinyasa Yoga 60	9:30 am Yoga Basics 90	9:00 am Svaroopa® Yoga 75	
	11:00 am Svaroopa® Yoga 90		11:00 am Restorative Yoga 90		10:30 am Yoga Flow 90	10:15 am Vinyasa Flow Yoga 90
4:30 pm Vinyasa Yoga 60		4:30 pm Fusion 60		4:30 pm Yoga Flow 90		
5:45 pm Fusion 75	5:45 pm Yoga Basics 75	5:45 pm Beginning Svaroopa® Yoga	5:45 pm Vinyasa Flow 75			
	7:15 pm Svaroopa® Yoga 90	7:15 pm Yoga Flow 90	7:15 pm Svaroopa® Yoga 90			

Class Descriptions

Rise and Shine and OM - This is a gentle, 45 minute class. EVERYONE is welcome to rise and shine and salute the sun at Olde Mill. Modifications are provided for all students. This class is going to open your body, awaken your energy and bring oxygen to your brain to provide you with a centered, focused self that is ready for the day! A GREAT way to get ready for work!

***These classes are suitable for everybody.**

Yoga Basics- This class will prepare newcomers to yoga for propulsion into yoga flow and vinyasa yoga classes. Students will learn the fundamentals of asana (the postures of yoga) through alignment and principle, and how to breathe in whole new, more efficient manner, through pranayama (the control of the breath) exercises.

You WILL LEARN MORE.

***We recommend these classes for newcomers to yoga who wish to work their bodies, or for intermediate students that would like to refresh their knowledge. Everyone will benefit from this class!**

Yoga Flow - Similar to a vinyasa yoga class, but not quite as rigorous, a yoga flow class will entail a good bit of movement, however there is much more focus on alignment and postures are held a little longer. The lungs and heart still get a workout, but the musculoskeletal system is the primary focus. These classes are a superb way to build the strength and understanding that will allow you to move easily through a vinyasa class.

You WILL GROW STRONG.

***We recommend this class for intermediate students and ambitious beginners!**

Vinyasa Yoga - Vinyasa means a system of breathing and movement. For each movement, there is one breath. Synchronizing breathing and movement in the asanas, or postures of yoga, heats the blood, cleaning and thinning it so that it may circulate more freely. Improved blood circulation relieves joint pain and removes toxins and disease from the internal organs. The sweat generated from the heat of vinyasa then carries the impurities out of the body. Fantastic cardiovascular work for the body! Through the use of vinyasa, the body becomes healthy, light and strong. *Ahhhh*.

You WILL LIVE BETTER.

***We recommend these classes for intermediate to advanced students.**

Restorative Yoga - Restorative yoga facilitates this deep relaxation through the use of props including blankets, straps, pillows, eye bags, wedges, and blocks which enable well-supported postures. When fully supported with the props, the body is able to enter into a state of deep and total relaxation. Typically restorative poses are held for 5-10 minutes or as long as they are comfortable. Sequences of restorative yoga poses are designed to optimize relaxation by promoting healthy spinal motion. A well-rounded series will include backbends, forward bends, and twists in both directions. At the conclusion a restorative yoga practice is often an inverted pose, which aides in the reduction of blood pressure, heart rate and fluid retention. Another benefit of restorative yoga is experienced by the organs. As poses alternate from forward bend to backbend and rotation right and then left, organs are rinsed free of waste and rejuvenated with healthy blood flow.

***These classes are suitable for everybody.**

Svaroopaa® Yoga - The word svaroopaa translates from the Sanskrit language as "the Bliss of Being", or "the Bliss of possessing consciousness". Svaroopaa® yoga brings you to experience that Bliss through the teaching of awareness, pranayama (breathing exercise) and asana (poses), through precise alignments and supportive propping. This support provides the body an opportunity to fully soften and open in each pose. Core tensions that reside in and around the spine are reliably released with sequential passes along the spine, beginning at the tailbone - it ALL begins at your tailbone! - and working all the way up the spine to the neck. The quality of healing and body awareness that this Yoga brings to life are unmatched and invaluable. This is YUMMY Yoga! A highly meditative and deep practice, Svaroopaa® yoga creates changes in your body and your mind that help to cultivate a clear understanding of living fully - joyfully, blissfully, faithfully, beautifully. For more on Svaroopaa® Yoga visit www.svaroopayoga.org.

***These classes are suitable for everybody.**

Fusion

This class combines the best of EVERYthing you can do to get your body FIT. Bringing together yoga, strength training exercises, cardio and MORE, you can expect to WORK.

***We recommend this class for those students who wish to work a bit, sweat a bit, and are in good health, with no pre-existing medical conditions. A GREAT addition to any weight loss program!**

**Please consider these recommendations so as not to wind up attending a class that will be too much for you, or in which you may need more attention than other students, therefore putting you at risk for injury, and even slowing the class to a pace not suitable for other, more seasoned students.*

Olde Mill Yoga's administration of these different styles of yoga comes with specific definition for good purpose.

It is of the utmost importance to us that you retain the knowledge that you acquire here, so that you are able to apply that knowledge not only to your practice, but to life outside the studio as well. These recommendations are for your comfort and ease of mind, and your safety, so you can Learn More, Grow Strong and Live Better!

Namaste!