



# SCHEDULE April 30-August 31, 2018

we open 30 minutes before each class and event  
class descriptions on back. teachers listed on the mindbody app

sunday	monday	tuesday	wednesday	thursday	friday	saturday
8:45 am slow flow	8:30 am slow flow	8:30 am flow	6am flow	8:30 flow	8:45 am slow flow	8:30 am flow
10:30 am barre		10am barre	8:30 am \$7 slow flow		8:45 power flow	8:45 am slow flow
	noon slow flow	noon \$7 flow	noon barre	noon yin	10:30 am \$7 chair yoga	10 am barre + stretch
1x/ month yoga lab 4:30pm	4:15 pm barre	5:30 yin	5 pm barre	4:15 pm \$7 barre	noon slow flow	<b>Class details with teacher &amp; length on Mindbody App</b>
	5:30 pm flow	6pm flow	6 pm flow	5:30 pm flow	4:30 pm happy hour barre	
7:00 pm candlelit relaxation		7 pm slow flow	6:45 pm pre/postnatal	7 pm relaxation	5:30 pm \$7 flow	

**Summer Events and Specialty Classes:** Bosu + TRX blast...

Yoga Lab (monthly)...Salutation A deep dive (may 7th)...yoga at the blueberry farm...yoga at the red barn farm...summer solstice...myofacial release class...beginning yoga series..more (see "events" at [www.heartworkyoga.com](http://www.heartworkyoga.com))

**Summer Challenges:** barre challenge, 30 in 30 challenge, "you pick" challenge

-teacher names for classes on the mindbody app & on our website.  
-pricing and descriptions on back  
101 west 5th street  
northfield. mn heartworkyoga.com

## Class Descriptions:

**Slow Flow:** Beginning through Intermediate yoga practitioners do well in this class, as well as anyone wanting a slower moving practice. Poses are instructed in a layered way so all levels of yogi can find their current level of the pose. Reclining, seated, and standing postures will be included, as well as savasana (final relaxation) at the end.

**Flow:** advanced beginners through advanced yoga practitioners do well in this class. This style is based around Sun Salutation A and incorporated focused breathing, attention, and the use of energy locks. The class includes warming up the body, pranayama (breathing), standing postures, twists, inversions, arm balances, seated floor work, and savasana (final relaxation).

**Barre:** Those with a baseline level of fitness and higher do best in this class, although beginners are welcome to do this and take breaks whenever they want to. This fitness based class includes upbeat music combined with toning of the legs, core, and arms. Expect your heart rate to be raised for parts of the class. Generally incorporating small muscle movements to tone the body, this class is ever-changing to keep a fast paced, effective workout for you. Various equipment including small balls, bands, sliding disks, and hand weights are used.

**Power Flow:** Advanced beginning through advanced yogis do best in this class. This flowing style of yoga is based around sun salutation A and B and includes more muscular yoga movements. Abdominal, arm, and leg muscles will feel utilized after this class. Expect more toning and strength building in this class. Modifications are always offered

**Relaxation:** Beginning through advanced yogis do well in this class. The soothing music and relaxed, slow movements will have you feeling calmer, more relaxed, and less stressed.

**Yin:** Beginning through advanced yogis. This class focuses on increasing your flexibility by releasing your muscles and your fascia. Poses are done laying down, sitting, or kneeling and are held for 2-5 minutes (most commonly 3-4 minutes in class). The calm environment of this class also aids you in feeling less stress and more relaxed.

**Barre + Stretch:** This barre class (see description) adds the benefits of yoga stretching to increase your flexibility. For 10-15 minutes at the beginning or the end of class.

**Chair yoga:** Beginners and those who have a challenge in getting down to the floor. taking the stress reducing benefits of yoga and making them more accessible by sitting in a chair, standing next or behind the chair

**Pre and post natal:** Beginning through advanced yogis who want to become pregnant, are pregnant, or have had their baby. (In fact, everyone is welcome to come to this class!). Yoga poses are utilized to add strength. Flexibility, and comfort for the yogi. A great sense of community is fostered to support the participants.

---

### Option 1:

Punch card: can be shared with another person. Valid for six months.  
10 punch card: \$135

### Option 2:

#### Monthly Membership (3 levels).

valid for you only (not shared with another)

**AllYours:** unlimited classes. Includes 1 guest pass per month + free & reduced workshops + 20% off apparel. \$99.

**Your8:** 8 classes per month. \$79.

**Your4:** 4 classes per month \$46.

Debited from your account on the same day monthly

### Option 3:

Single class drop in: \$17  
College student drop in: \$10

Are you new to the studio? **Your first week of classes are FREE!**