

Spring Schedule



March 4 - June 2, 2013

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am			6:00 - 7:00 Sol Flow ॐ ॐ Jill		6:00 - 7:00 Sol Flow ॐ ॐ Josh		
7 am	8:00 - 9:00 Awakening Flow ॐ ॐ ॐ Teachers Rotate	7:00 - 8:00 Awakening Flow ॐ ॐ ॐ Jill		7:00 - 8:00 Yin yoga ॐ ॐ ॐ Josh			
8 am							
9 am		9:30 - 10:30 Awareness Through Movement ॐ Linda		9:30 - 10:30 Awareness Through Movement ॐ Tina		9:30 - 10:30 Awareness Through Movement ॐ Linda (begins April 26)	9:00 - 10:00 Community Flow Donation Ashley
10 am							
11 am			10:45 - 11:45 EnLighten Flow ॐ Jill		10:45 - 11:45 EnLighten Flow ॐ Josh		
12 pm		12:00 - 1:00 Sol Flow ॐ ॐ Jill		12:00 - 1:00 Sol Flow ॐ ॐ Jill		12:00 - 1:00 Sol Flow ॐ ॐ Jill or Josh	
1 pm							
2 pm							
3 pm							
4 pm							
5 pm			4:45 - 5:45 Sol Flow ॐ ॐ Josh	4:45 - 5:45 Lunar Flow ॐ ॐ ॐ Ashley	4:45 - 6:00 Yin yoga ॐ ॐ ॐ Jill	5:00 - 6:30 Bliss Flow ॐ ॐ ॐ ॐ Teachers Rotate	
6 pm		6:15 - 7:30 Mandala Flow ॐ ॐ ॐ Josh	6:15 - 7:15 Lunar Flow ॐ ॐ ॐ Kayla	6:00 - 7:15 Yin ॐ Ashley	6:15 - 7:15 Sol Flow ॐ ॐ Michelle		

www.asanayoga.net

125 S. 9th St

541.007.0230

Class Descriptions

Sol Flow:

Based on Hatha Yoga, meaning Sun and Moon, is a good class to learn foundational poses, relaxation techniques, and become comfortable with yoga. Sol Flow tries to achieve balance between body and mind, as well as attempts to free the more subtle spiritual elements of the mind through physical poses or asanas, breathing techniques or pranayama, and meditation. This class explores movement through sun salutations to build heat, static poses to build strength, followed by stretches to create space.

EnLighten Flow:

Based on Hatha Yoga principles, this gentle class can be very useful for yogis who prefer a less physically demanding practice, such as seniors, practitioners who are recovering from injury, with limited capabilities or even those who are simply looking for a softer practice. Focusing on restoration, this class maintains a much more relaxed pace, creating more time for resting between poses to allow the body to recover. We practice a modified sun salutations to open to the body for deeper poses.

Awakening / Lunar Flow:

Awakening and Lunar Flow is based on a vinyasa style practice. The word vinyasa means "breath-synchronized movement." In other words, the teacher will instruct you to move from one pose to the next on an inhale or an exhale. This Flow allows the poses to smoothly run together and become like a dance. This style allows for a lot of variety. There is no single philosophy, rule book, or sequence that teachers must follow, so there is a lot of room for individual personalities and quirks to come through. If you enjoy a challenge and even a little more sweat, this class is for you. One should be familiar with the basic poses encountered in our Hatha/Sol Flow classes.

Mandala Flow:

Tune into your playful side as Josh guides you in his Mandala Flow class. This vinyasa style class will build the heat with a mandala namaskar, sun salutations honoring the four directions, then challenge you with flying arm balances and inversions.

Bliss Flow:

This 90 minute class is sure to challenge those who already have a strong asana practice. This full spectrum class includes forward bends, back bends, twists, inversions, arm balances and more. A great place to boost your personal practice and stimulate Shakti (energy and heat).

Workshops

Earth Day Vinyasa Flow

Jill Nelson & DJ Hyfi

April 20. 2:00 - 3:30pm

Moore Park All proceeds go to preserving the Klamath Basin's beautiful outdoors.

Come and enjoy an outdoor hour and half vinyasa practice as Jill guides you on an authentic journey with DJ Hyfi. Move your body and breath as we fuse sound with movement and nature. Honor mother nature and be inspired by the gift of life through expanding and deepening our awareness through *Hatha Yoga*, the yoga of the body, *Nada Yoga*, the yoga of sound, and *Karma Yoga*, the yoga of action. Combining the power of asana with the sonic tapestry created by a DJ, opens the door to a unique yogic journey...

Yoga 101:

Josh and Jill Nelson

April 27 10:30am - 12:30pm & 2:30pm - 5:30pm; April 28 9:30am - 11:30am

Over the course of 2 days, we will explore foundations of the practice of yoga, what makes asana (yoga poses) different from other forms of movement, principles of meditation, kinesiology specific to yoga, and Samadhi or union with mind, body, and spirit.

This class is perfect for the person who is new to yoga, and great for anyone looking to further their knowledge of the practice of yoga.

Yin yoga:

This practice begins with a challenging vinyasa flow for the first part of class leading into a cooling, restorative yin practice allowing the muscles to release and deepen into the stretches. Both challenging and restorative practicing yin after building heat is a great experience.

Yin:

Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice.

Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. While initially this style of yoga can seem quite slow, passive, or soft, yin practice can be quite challenging due to the long duration of the poses. Yin and yang tissues respond quite differently to being exercised. You need to experience this to really know what Yin Yoga is all about! (All Levels)

Community Flow:

This FREE, donation based, community class is open to all and is based on Hatha Yoga Principles. Begin your Saturday with a time shared with those in the community, whether you have been practicing yoga for years or for the first time.. A challenging pose can be integrated into this class for those seeking more and beginner modifications will be given by the instructor. Donations are accepted.

Awareness Through Movement:

Based on the Feldenkrais Method® of somatic education, this class helps people of all ages learn to move more easily. Linda provides gentle, innovative lessons in the Feldenkrais Method that will allow you to observe how you move, notice unnecessary tension, and improve your overall coordination.

Yoga For Emotional Balance:

This class is a combination of discussion, meditation practices and yoga poses focused on improving emotional, physical and spiritual balance. It is based on the idea of self-study and connecting to your body to change your reactions to stress and improve your life. The class is suitable for all levels of yoga experience and physical ability.

Chakra Balancing Workshop:

Jill Nelson

May 25. 10:30am - 12:30pm

Join Jill for this slow and deep hatha flow. This emotional, physical, mental and even spiritual balancing class will take you through a journey of exploring the seven energy centers in your body. Giving you an overview of the chakras, their effects on our physical and emotional body, tools to access and balance them, as well as ending with a blissful chakra balancing meditation, leave with a new understanding of happiness, peace, and wholeness within your own life.

Awareness Through Movement Workshop:

Linda Tittle

First Saturday of the month 2:00pm - 4:00pm

This 2 hour class is based on the Feldenkrais Method and will focus on a different subject each month.

Go to our website for more information about these workshops, changes or new workshops. We also host and sponsor local running events, including a weekly trail running series.