



YOGA BASICS Unroll your mat for the first (or 100th) time in our Yoga Basics class, designed specifically to introduce students to fundamental yoga postures, safe alignment, and life-affirming yoga philosophy. Learn the basics to this sacred art of Yoga, such as meditation, breathing practices (pranayama) and postures (asana) that will make you a life-long lover of this life changing and deeply enriching practice.

BEGINNER FLOW In this Beginner's Flow class, you will learn how our movement (asanas) correlates with our breath (pranayama) while we safely build on our foundational poses with the use of yoga props aided with clear and precise alignment instruction through safe, obtainable postures. To those who are new to their yoga journey or for those looking for deeper refinement on their yoga mat, this is a great class to get back to the "roots" of yoga practice and grow to unbelievable proportions.

GENTLE YOGA Give yourself a break with Gentle Yoga, perfect for those looking to alleviate stress, improve balance and get an attitude boost. This class offers a slower pace with orchestrated movements in a nurturing, well-supported atmosphere that is great for new students. Appropriate for all levels, with variations of poses given.

YIN YOGA Turn your gaze inward, quiet the mind and surrender deeply into that intuitive nature of the body with the seventy five minute Yin Yoga class. Yin Yoga penetrates the deepest layer of our fascial and connective tissues to open, soften and strengthen our joints and ligaments that is safe and attainable for all levels. With the use of props, these passive poses of Yin, held from 3 to 5 minutes, affords us the opportunity to calm the nervous system and create space within the mind.

CANDLELIGHT YIN A romantic spin-off to our Yin Class, Candlelight Yin adds the calm and soft illuminating glow of candlelight to bring a deeper and more profound sense of restoration and relaxation into the nervous system and mind. This seventy-five minute class is a perfect way to offer bit of self love and attention in the middle of the week.

RESTORATIVE YOGA Relax and restore the body's natural state: ease. Restorative yoga is about calming the body, mind and nervous system. Turn your gaze inward and surrender into the intuitive nature of the body with this meditative and reflective practice. Compliments an active lifestyle, relieves a stressful daily routine, and returns the body to a clean slate for activity.

RESTORE FOR THE WEEKEND Let go of the tension, worry and pressures of the week with each posture. Every Friday relax, renew and restore with this unwinding and centering practice of restoring the body to its natural state of ease and balance. Calm the mind, body and nervous system and start anew with this reflective and deeply intuitive practice.

KUNDALINI YOGA Kundalini Yoga is one of the most powerful and effective forms of yoga. It stimulates a healthy & radiant sense of well-being with simple yoga techniques that can be practiced by anyone. Most people report feeling better right away. Kundalini Yoga balances the energy systems in the body, the brain, glandular and nervous systems. This helps you function at a consistently higher level, without exhausting your mind and body. When the body and mind are at ease, inspiration flows freely and peace of mind is realized.

YOGA FOR ATHLETES Build up endurance and strength through the stabilization and mobility in the muscles and joints through this heated Vinyasa Flow. Practiced in 85-90 degree heat, this class provides a safe way to stretch and strengthen to your physical capacity while still providing clear and precise alignment cues and use of props to meet your physical needs. Learn the benefits of breathwork (pranayama) to increase stamina off the mat and your daily workout routine. This class is our perfect compliment to your fitness regimen.

SLOW FLOW Perfectly situated in the middle of the week, this class is for those who are looking to flow without the intensity of a quickened pace of a Vinyasa 1 & 2 flow and tap into that physical and emotional reservoir without over-exerting the body. When we take the time to slow down on our yoga mat, it provides the ever-increasing opportunity to link or breath (pranayama) with our movement (asana) and look inward at the self (Svadyaya).

VINYASA FLOW Look to build on your foundational yoga knowledge and postures with this invigorating and strengthening Vinyasa Level 1 & 2 flow. With a deeper exploration of asanas, pranayama and meditation, challenge yourself to flow with a guided intensity and playful curiosity. With clear and precise alignment cues and specific modifications, this class is obtainable to all who wish to strike a internal and external fire (tapas) within their yoga practice.

RISE & SHINE YOGA Get up and get your flow on with this invigorating Vinyasa flow that will enliven your spirit and put a smile on your face. This perfect sixty minute class is just the thing you will need to jump start your day with a deep sense balance, harmony and grounding to tackle our greatest Vinyasa : life off the mat. With clear and precise alignment cues, use of props and modifications, this class is obtainable for all levels of yoga. Rise & Shine Flow is a great compliment to your cup of coffee or tea in the morning.

ASHTANGA(ISH) HOUR A slower pace version of the Ashtanga series; poses are held for 5 breaths encouraging a sustained practice with support of Ujjayi pranayama (breath) and Mula Bandha. Leave the mat stronger in the body and more flexible in the mind.

HOT POWER A spin-off of the Power yoga practice, this class is done in a heated room (85-90 degrees) and offers a place to sweat out toxins in the body. The heat adds to the intensity of the practice and offers you a chance to break past your comfort zone while flowing between asanas. Emphasis on core and breath work and flowing between postures.

FIRE AND WATER FLOW In this energizing and strengthening class, we seek to bring harmony into our lives by discovering both the Yang and the Yin in our yoga practice. Explore the foundational elements of this Mindful Vinyasa flow complemented with the sensitivity of long sustained Yin asanas that will build heat, nourish and strengthen the entire body, as well as bring lightness to mind while maintaining a deep internal awareness of the energetic flow throughout the body. By combining both Vinyasa and Yin simultaneously, we learn to embrace life in its wholeness and find the balance we crave on and off the mat.

CANDLELIGHT FLOW A spin off to our Vinyasa 1 & 2 Flow, this class provides the opportunity to gaze inward as we flow with grace and compassion to the soft glow of candlelight. In this seventy-five minute class, we will warm up the body through long and sustained poses moving with a deeper sense of awareness and peace. With the use of props, we will end each practice with delicious restorative poses that will help you open the body and move into a deeper and more fully relaxed state within the body.



MONDAY

9 AM Vinyasa Flow
NOON Ashtanga(ish)
4:15 PM Restorative
5:30 Vinyasa Flow
7:00 Yoga for Athletes

TUESDAY

9 AM Gentle
4:15 PM Beginner Flow
5:30 Fire + Water Flow
7:00 Hot Power

WEDNESDAY

9 AM Yin Yoga
NOON Vinyasa Flow
4:15 PM Slow Flow
5:30 Vinyasa Flow
7:00 Candlelight Flow

THURSDAY

9 AM Rise & Shine Yoga
NOON Kundalini
4:15 PM Beginner Flow
5:30 Vinyasa Flow
7:00 Candlelight Yin

FRIDAY

NOON Vinyasa Flow
4:15 PM Restorative
5:30 Hot Power

SATURDAY

8 AM Gentle
9:30 AM Vinyasa Flow
10:30 AM
New Student Orientation
10:45 AM Yoga Basics

SUNDAY

1:30 PM Vinyasa Flow
3:00 PM Yin Yoga
5:00 PM Kundalini



1641 colusa hwy #200, yuba city,
calif. 95993 | (530) 673-YOGA

THE GENTLE MENU

TO GET YOU STARTED

YOGA BASICS · YIN · RESTORATIVE · BEGINNER FLOW · GENTLE · KUNDALINI