



# August 2010 Schedule

CURRENT SCHEDULE				PRICES	
Monday	8:30-9:30	Vinyasa	Lynne	New Students: 1 <sup>st</sup> week FREE! <sup>1</sup>	
	9:45-11:00	Slow Flow w/Med.	Lynne	Single Class (walk-in)	\$17
	12:00-1:00	Basic Level I	Tracy	<b>CLASS COUNT PACKAGES<sup>3</sup></b>	
	4:30-5:30	Harmony Flow	Peggy	3-class Guest Pack	\$40
	5:45-7:00	Vinyasa	Melissa	10-class Pack	\$120
	7:15-8:15	Basic Level I	Melissa	20-class Pack	\$200
Tuesday	8:30-9:30	Vinyasa	Lynne	<b>UNLIMITED CLASS PACKAGES<sup>3</sup></b>	
	9:45-10:45	Basic Level I	Lynne	1-month Pass	\$140
	11:00-12:15	Yin	Peggy	3-month Pass	\$350
	12:30-1:30	TheraYoga	Patty	6-month Pass <sup>2</sup>	\$650
	4:30-5:30	Ashtanga	Yvonne	12-month Pass <sup>2</sup>	\$1,200
	5:45-7:00	Vinyasa	Peggy	Private Instruction	\$80/hour
	7:15-8:15	Basic Level I	Pat	Senior & Student Discount	15%
Wednesday	8:30-9:30	Basic Level I	Patty	Intro Series 1 & 2	\$99
	9:45-11:00	Harmony Flow	Peggy	8-week course;	
	12:00-1:00	Basic Backs	Patty	Pre-registration required	
	4:30-5:30	Yin	Lynne	<b>NOTES</b>	
	5:45-7:00	Vinyasa	Lynne	<sup>1</sup> Tri-county (Oakland/Macomb/Wayne) only; not valid during Christmas, Winter or Spring Breaks.	
	7:15-8:15	Basic Level I	Lynne	<sup>2</sup> 6- and 12-month members receive 10% on merch all the time, free regular workshops, more!	
Thursday	8:30-9:30	Yin	Lynne	<sup>3</sup> Class Packages non-refundable/non-transferable.	
	10:00-11:00	Basic Level I	Tracy	<sup>4</sup> Workshop schedule varies; some extra cost may apply; check front desk for details and schedule.	
	12:30-1:30	TheraYoga	Patty		
	4:30-5:30	Ashtanga	Natalie		
	5:45-7:00	Vinyasa	Natalie		
	7:15-8:15	Basic Level I	Pat		
					<b>Effective July 23, 2010</b>
Friday	8:30-9:30	Basic Level I	Patty	If you are new to yoga, we recommend Basic I, Basic Backs or the Intro to Yoga Series. All provide a basic understanding of breath and alignment, and reduce the risk of injury. If you have questions about a specific class, or have a pre-existing injury, please ask an UpDog staff member for guidance. You will feel most comfortable practicing in layered, lightweight clothing with bare feet on a yoga mat. Loaner mats are available for new students. Please come early on your first visit.	
	9:45-11:00	Vinyasa	Colleen		
	12:00-1:00	Basic Backs	Patty		
	4:30-5:30	Dharma Flow	Natalie		
	5:45-6:45	Basic Level I	Tracy		
	7:15-8:30	Restorative <sup>4</sup> (first Friday each month)	Meaghan		
Saturday	8:30-9:45	Vinyasa	Melissa	See reverse side for class descriptions; all regular classes are ongoing walk-in sessions.	
	9:45-11:00	Kid's Playshop (DWU)	Meaghan		
	10:00-11:00	Basic Level I	Melissa		
	11:15-12:30	TheraYoga	Patty		
	2:30-3:45	Yin	Peggy		
	4:00-5:15	Ashtanga	Natalie		
Sunday	8:30-10:00	Vinyasa	Natalie		
	10:15-11:30	Slow Flow w/Med.	Pat		
	12:00-1:00	Basic Level I	Tracy		
	4:00-5:15	Ashtanga	Francis		
	5:30-6:45	Basic w/Meditation	Francis		
	7:00-8:15	Dharma Essentials	Various		

# CLASS DESCRIPTIONS

**Ashtanga Yoga** is a traditional system composed of a series of postures linked together to create a powerful, vigorous flow. The practice combines breath, energy locks, focus and a flow of postures to create a moving meditation.

**Basic Level I** is designed to introduce basic yoga postures, breath and concentration techniques. Students are encouraged to work within their own unique ability and limitations.

**Basic with Meditation** offers a mild asana (posture) flow with guided meditation.

**Basic Level II/Slow Flow** classes build on the foundation established in Basic Level I classes by linking posture and breath into a more vigorous, moving flow. Sun salutations, backbends and inversions are explored.

**Basic Backs** is designed for the student looking to create and maintain a healthy spine through balance. Emphasis is on the physical, emotional and energetic characteristics that directly influence the core region of the body (back and stomach). Attention will be directed to individual needs.

**Dharma Classes** are "by donation" community classes intended to share the essentials of meditation, basic and advanced yoga according to Buddhist traditions.

**Harmony Flow Yoga** is a soft, gentle, flowing class designed for beginning and experienced students alike. The Harmony Flow style allows students to experience a strong awakening of their inner spirit by combining gentle asana (postures), Pranayama (breath) with spiritually centering music and sound.

**Intro to Yoga Series** is a system of eight (8) classes designed specifically to help introduce new students to the benefits and practice of yoga. The Series builds on each lesson to create a sense of confidence and self-reliance in the student who wants to make yoga an integral part of his or her life.

**Kid's Playshop** is a fun yoga practice which can include games, crafts and stories. Most appropriate for ages 5-12.

**Restorative Yoga** uses props to modify postures and gently open the body to deep relaxation and rejuvenation. Held the first Friday of each month; recommended for all levels.

**Tibetan Heart Yoga** is a strong, peaceful, invigorating yoga flow. A typical class includes Pranayama (breathing), asana (postures) and ethical practice. Intermediate level.

**TheraYoga** is a therapeutic style of yoga designed to assist students with specific health issues and limitations, as well as those who seek to deepen their regular practices by mindfully balancing their "alpha" and "beta" states through yoga therapy. Perfect for those with acute health concerns, and for those who wish to unlock the inner secrets of their yoga practice.

**Vinyasa Yoga** combines breath and movement into a vigorous, challenging flow. For anyone looking to sweat, move to the music, and kick their asana up a notch or two, this class is for you (advance levels recommended).

**Workshops** are offered on a weekly and monthly basis to help students expand their practices, gain insight into new traditions and techniques, and fine-tune their existing understanding of yoga. Workshops include Restorative, Kundalini, Rock Asana, Yin, Iyengar, Meditation and more!

**Yin Yoga** is a deep, soft, yet challenging practice that focuses on deeper, longer stretching and holding of postures to help open the lower back, hips and sacrum. This guided flowing class helps work with the posture to open and heal sciatica, lower back and hip muscles and joints, and serves as the perfect compliment to a Basic I, II or Flow class.

**Yoga at the Wall** lets students use the wall as a prop to deepen their practice of yoga, enabling students to take yoga to a deeper, more profound level. Perfect for students recovering from an injury, or looking for greater alignment insights.

## FREQUENTLY ASKED QUESTIONS

**What is Yoga?** Yoga is an ancient system of guidelines for ethical discipline, physical health, breathing, concentration and meditation. The word "yoga" comes from the Sanskrit word "yug," or "union."

**Which Classes Should I Take?** If you're new to yoga, start with Basic I or Intro to Yoga Series. Move to Basic II, Vinyasa, Ashtanga and Jivamukti classes after you build an awareness of breath, postures and alignment.

**How Often Should I Practice?** Your first week is free, so try to take advantage of as many different teachers, times and classes as possible, depending on your experience levels. Typically, experienced yogis and yoginis practice every day.

**What Should I Wear?** Lightweight "workout clothes" are best.

**Why Shouldn't I Eat Before Practice?** Food interferes with the body's ability to cleanse and detoxify.

**What If I'm Pregnant?** Please inform your teacher; check with your physician before beginning a physical routine.

**What Can Yoga Do For Me?** Yoga has been proven to reduce stress, increase mental acuity, improve circulation, slim and tone the body and increase energy. Yoga can also help develop and maintain a daily meditation practice.

## DO'S AND DON'TS

### DO ...

Arrive 10 minutes prior to scheduled start time.  
Check-in at the front desk prior to class.  
Bring your own practice mat (or rent one at the desk).

### DON'T ...

Eat 2-3 hours before class.  
Wear perfumes, lotions or cologne.  
Bring cell phones or pagers into class.