



524 South Cooper
901.270.5373

www.midtownyoga.com

September 2008

Still the body. Quiet the mind. Discover the spirit."

William Martin

| Day/Instructor | Time | Class name | Level |
|------------------|------------------|---|----------|
| Monday | | | |
| Kathy | 07:00 - 08:00 am | Rise and Shine | ALL |
| Allison | 08:30 - 09:45 am | Yoga Flow | II / III |
| Shantih | 10:00 - 11:15 am | Vinyasa | I |
| Grace | 12:00 - 01:00 pm | Flow with Grace | II / III |
| Leanne | 05:15 - 06:15 pm | Vinyasa | I |
| Jimmy | 05:30 - 06:30 pm | Vinyasa (studio b) | III |
| Yolandra | 06:45 - 07:45 pm | Yoga for the Buddha body | ALL |
| Caroline | 07:00 - 08:15 pm | Vinyasa (pay what you can) | ALL |
| Tuesday | | | |
| Gary | 08:30 - 09:45 am | Slow Burn | ALL |
| Shantih | 10:00 - 11:00 am | Slow and Steady | I / II |
| Grace | 12:00 - 01:00 pm | Flow with Grace | II / III |
| Shantih | 05:15 - 06:15 pm | Vinyasa | I |
| Sarla | 05:30 - 06:45 pm | Sacred Power of Yoga (studio b) | I / II |
| Caroline | 07:00 - 08:15 pm | Vinyasa (pay what you can) | ALL |
| Wednesday | | | |
| Kathy | 07:00 - 08:00 am | Rise and Shine | ALL |
| Sarla | 08:30 - 10:15 am | Sacred Power of Yoga | ALL |
| Shantih | 10:30 - 11:30 am | Vinyasa | I / II |
| Lacy | 12:00 - 01:00 pm | Vinyasa | II / III |
| Sarla | 05:15 - 06:15 pm | Sacred Power of Yoga | I |
| Leanne | 05:30 - 06:45 pm | Prenatal Yoga (studio b) | ALL |
| Jimmy | 06:30 - 07:45 pm | Vinyasa | III |
| Yolandra | 08:15 - 09:30 pm | Good Vibrations (pay what you can) | ALL |
| Thursday | | | |
| Debbie | 07:00 - 08:00 am | Alignment Based Vinyasa | I / II |
| Shantih | 08:30 - 09:40 am | Vinyasa | II / III |
| Grace | 10:00 - 11:15 am | Slow Flow and Stretch (studio b) | I / II |
| Caroline | 10:00 - 11:15 am | Gentle Yoga | ALL |
| Allison | 12:00 - 01:00 pm | Start Where You Are | I / II |
| Sarah | 05:15 - 06:15 pm | Flow of Breath | ALL |
| Jimmy | 05:30 - 06:30 pm | Vinyasa (studio b) | III |
| Maggie | 07:00 - 08:15 pm | Vinyasa | I / II |
| Friday | | | |
| Madeline | 07:00 - 08:00 am | AM Express | ALL |
| Grace | 08:30 - 10:00 am | Flow with Grace | III |
| Shantih | 10:30 - 11:30 am | Form and Flow | I / II |
| Caroline | 12:00 - 01:00 pm | Vinyasa | I / II |
| Sarla | 04:15 - 05:15 pm | Sacred Power of Yoga | I |
| Caroline | 05:30 - 06:45 pm | Restorative | ALL |
| Yolandra | 07:15 - 08:30 pm | TGIF Happy Hour (pay what you can) | ALL |
| Saturday | | | |
| Leslie | 08:30 - 09:45 am | Yoga For Life | ALL |
| Sarla | 10:15 - 11:15 am | Sacred Power of Yoga | I |
| Yolandra | 10:45 - 11:45 am | Yoga for the Buddha Body (studio b) | ALL |
| Sarla | 11:30 - 12:45 pm | Sacred Power of Yoga | ALL |
| Maggie | 05:00 - 06:15 pm | Vinyasa (pay what you can) | ALL |
| Sunday | | | |
| Sarla | 09:00 - 10:15 am | Sacred Power of Yoga (pay what you can) | I |
| Sarla | 10:30 - 12:15 pm | Sacred Power of Yoga | ALL |
| Maggie | 04:00 - 05:15 pm | Vinyasa | II |
| Caroline | 05:45 - 07:15 pm | Vinyasa (*Community) | ALL |

Class Styles

gentle yoga

Gain flexibility, strength and balance in an atmosphere of safety and self acceptance with a yoga practice accessible to students of all ages and fitness levels

yoga for the Buddha body

Mixed level class for students with curvier, rounder bodies

restorative

This class focuses on a sequence of supported poses that allow the body and mind to rest and heal.

vinyasa

a blending of yoga postures with synchronized breath and smooth movement. Each posture is part of a flow. Vinyasa yoga increases strength, stamina, and flexibility while calming and steadying the mind.

sacred power of yoga

How does yoga effect our lives off the mat? Learn how the practice of yoga develops strength and courage needed to live effective, joyful lives. Open to all students at any level.

Class Levels

I
Suitable for students new to yoga as well as those wanting to focus on the basics. Each class emphasizes anatomical alignment and movement with the breath. Students are guided through a short meditation and a basic Vinyasa, finishing with guided relaxation.

II
Mixed level for beginners and continuing students with a faster pace and more challenging variations to develop strength, balance and endurance.

III
Often quite vigorous, these classes are designed for experienced students. They include full vinyasa, standing poses, back bending and seated postures.

ALL

Suitable for yogis of every level. Learn how the practice of yoga affects our lives both on and off the mat. Through meditation, pranayama and asana, students will experience the power of yoga. Modifications to poses are offered throughout the class, allowing every student to benefit from each pose, at any level.

** community all levels*

Same qualities of all level classes but class fee is \$6 per person



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Midtown Yoga Packages

- \$10 first class
- \$14 drop-in class
- \$6 students per class
- \$50 4 classes
- \$70 6 classes
- \$88 8 classes
- \$100 10 classes
- \$190 20 classes
- \$105 30 day pass** (1 class per day)
- \$1100 for annual membership (1 class per day)
- Private Lessons*
- 1-2 students \$75
- 3-4 students \$85
- 5 + students contact Sarla at 901-270-5373

Vinyasa Yoga: How and Why it Works

With Chris Coniaris

Friday - Sunday; October 10 - 12, 2008

Focused awareness is the foundation for all yoga practice. Chris teaches vinyasa karma which connects postures systematically using steady ujjayi breath to create more refined awareness. Practicing asana with vinyasa karma keeps attention rooted in each present moment bringing us closer to the calm clarity of mind that yoga offers. Using vinyasa karma wisely gives each practitioner maximum benefit whether he or she is working for strength, balance, flexibility or even therapeutically.

| | |
|-----------------------------|-------------------------------|
| BEGINNER: | INTERMEDIATE/ADVANCED: |
| Saturday, October 11 | Saturday, October 11 |
| 08:00 am - 10:00 am | 10:30 am - 12:30 pm |
| 01:30 pm - 03:30 pm | 04:00 pm - 06:00 pm |
| Sunday, October 12 | Sunday, October 12 |
| 08:00 am - 10:00 am | 10:30 am - 12:30 pm |

OPEN CLASS: Friday, October 10; 06:30 pm - 09:30 pm

Yoga During Menopause: Creating Calm From Chaos

September 13th, 2008; 2:00 - 4:00 pm

Leslie Jones leads a workshop exploring the possibility of creating calm from the chaos of menopause. The first part of the workshop will consider the nature and misconceptions of menopause and how we might more peacefully navigate this natural life passage. Leslie will then lead a vinyasa-style class, blending in poses that can help women counter the negative affects of menopause. *Cost \$35*

For more information contact Sarla at 901-270-5373

Welcome to Midtown Yoga!

A few things we encourage to enhance your learning and practice of yoga:

- Please remove shoes beyond the front desk, we practice in our barefeet
- Please silence your cellphone
- Consider practicing with an empty stomach (unless a specific condition prevents this)
- *Being a little early to class helps.* If you do arrive a few minutes late, please enter after the opening meditation and Om chant.
- Although we have extra mats for you to use, we highly encourage bringing your own mat.
- Wear comfortable exercise clothes...not too tight, not too loose.
- Consider others by refraining from wearing perfume, cologne or strong oils.
- If you have a health issue, please tell your teacher before class.
- Be kind and loving to yourself. It's ok to come out of a pose when you need to. Yoga is not about "gutting it out" or "no pain, no gain." Your body will respond when you show kindness, acceptance, and love. Rest if you need to. Do what you can, with what you have, with where you are.
- No experience or flexibility is required to practice yoga. *Yoga is for everyone.*
- Our classes end with the gesture and saying "Namaste". This means: I honor the place in you in which is of love, of truth, of light, and of peace. When you are in that place and I am in that place, we are one.

Namaste.

A Yoga Weekend at Gray Bear

Friday - Sunday, November 14th - 16th, 2008

Midtown Yoga and the Gray Bear Holistic Center combine for the perfect interlude in your busy life. This yoga weekend will offer you the opportunity to find your personal edge in an atmosphere of safety and self acceptance. Between classes there is plenty of time to take advantage of Gray Bear's amenities. Rejuvenate your spirit with a massage, relax in a wood-fired sauna, soak in a hot tub, walk in the woods or sit in a hammock on the porch. Yoga, lodging, meals and all amenities (excluding massage) \$395.

For more information, call Sarla Nichols at 270-5373

Elegant, Efficient Inversions

September 20th, 2008; 2:00 - 4:00 pm

Do you have an inversion practice that needs refining? Are you frustrated because you would like to feel lighter in head stand, shoulder stand and hand stand? Can you do forearm balance away from the wall? Grace Harwood is offering this workshop to all of you who want to learn how to work with these poses and to practice variations in each one.

Cost \$35.00

For more information contact Sarla at 901-270-5373 or sarla@midtownyoga.com