

FEBRUARY 2018 – Schedule & Teachers Subject to Change. Visit our Website or download the MINDBODY app for Current Classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 7:00 am – Heated Fusion (Christina)		6:00 – 7:00 am – Heated Fusion (Christina)		7:30 – 8:30 am – Hot Yoga (Reyna)
9:00 – 10:00 am – Hot Yoga (Christina) – Yoga 1-2 (Leslie S)	9:00 – 10:00 am – Svaroopa (Nancy) – Yoga 1-2 (Leslie B)	9:00 – 10:00 am – Weights & Wheel Flow (Janel)	9:00 – 10:15 am * – Yoga 2 (Leslie B)	9:00 – 10:00 am – Svaroopa (Nancy) – Yoga 2 (Christina)	9:00 – 10:00 am – Heated Sculpt (Reyna) – Yoga 1-2 (Vanessa) – Kids Yoga (ages 4 - 8)
10:30 – 11:45 am * – Aligned Yoga (Leslie S)	10:30 – 11:30 am – Cancer Recovery Yoga (Reyna) <i>donation based</i>	10:30 – 11:45 am * – Gentle Yoga (Leslie S)	10:30 – 11:45 am * – Aligned Yoga (Leslie S)	10:30 – 11:45 am * – Yin Yoga (Janel)	10:30 – 11:30 am – Trapeze Yoga (Lee)
					SUNDAY
	4:00 – 5:00 pm – Yoga 1-2 (Sandra)	4:00 – 5:00 pm – Yoga Fundamentals (Kim) – Tween/Teen AERIAL (ages 9 & up) (Caroline)	4:00 – 5:00 pm – Yoga 1-2 (Sandra)		9:00 – 10:00 am – Hot Yoga (Beth) – Aerial Yoga (Caroline)
5:30 – 6:30 pm – Heated Fusion (Beth) – Yin Yoga (Janel)	5:30 – 6:45 pm * – Heated Sculpt (Reyna) – Yoga Fundamentals (Kim)	5:30 – 6:30 pm – Yoga 2 Plus (Beth) – Trapeze Yoga (Lee)	5:30 – 6:30 pm – Heated Fusion (Janel) – Aligned Yoga (Leslie S) <i>Starts February 8th</i>	5:30 – 6:30 pm – StrongBoard Yoga Fusion (Vanessa)	10:30 – 11:30 am – Yoga 1-2 (Caroline)
	7:00 – 8:00 pm – Hot Yoga (Christina)	7:00 – 8:15 pm * – Restorative Yoga (Kim)	7:00 – 8:00 pm – Hot Yoga (Christina) 7:00 – 8:30 pm ** – Kundalini Yoga (Tim)		4:00 – 5:00 pm – MELT (Christina) <i>Starts February 11th</i> 5:30 – 6:30 pm – Hot Yoga in Candlelight (Christina)

* 75 minute class ** 90 minute class

PRICING:

\$39 **1-Month Unlimited** (new members only)

\$16 **Single Class** (\$14 senior/military)

\$9 **Kids Class** (\$40 for 5)

\$79 **Monthly Unlimited - Auto Pay** (3-month contract)

\$140 **10-Classes** (expires in 6 months)

\$14 **Tween/Teen Aerial** (\$65 for 5)

\$119 **1-Monthly Unlimited** (no contract)

No extra charge for Aerial, Trapeze & StrongBoard, but pre-registration required for these 3 classes

WORKSHOPS -- EVENTS -- NEWS		
– Valentine’s Partner Yoga Workshop SAT, FEB 10 th , 2:00 – 4:00 pm \$40 Pre-registration per couple or \$50 drop-in	Chair Yoga 6-Class Series Mondays, Feb 5 th - Mar 12 th , 12:00 – 1:00 pm \$30 ; Pre-registration Required	<u>New Classed in February</u> Cancer Recovery Yoga , Tuesdays at 10:30 am Yoga Fundamentals , Tuesdays at 5:30 pm Aligned Yoga , Thursdays at 5:30 pm <i>(Starts February 8th)</i> Yoga 1-2 , Sundays at 10:30 am
Yoga Wheel Workshop SAT, FEB 24 th , 12:30 – 2:30 pm \$25 bring or borrow a wheel or FREE with wheel purchase (\$69)	– Yoga Therapy Linda Hope; \$90 – Somatic Experiencing Leslie Boyd; \$60 By appointment only	

Unheated Classes

Yoga Fundamentals: Level 1. Focus on alignment & strength building exercises to prepare muscles for the poses included in a flow class. Clear instruction and individual assistance in a fun environment.

Yoga 1-2: Level 1-2 Hatha Yoga with some flow. Focus on proper foundation, body alignment and breath. A thoughtful class to build strength, balance and flexibility. Beginner to Intermediate.

Yoga 2: Level 2 Vinyasa Yoga. Focus on proper foundation, alignment and breathe with added fluid movement and balance. For students that want to be challenged and advance in their practice.

Weights & Wheel Flow: Level 2. Safely use the Yoga Wheel to deepen your practice. Increase flexibility & blood flow, breathe deeply in poses and get safely into backbends. Light hand weights and a traditional Vinyasa flow will be incorporated in this intermediate/advanced yoga class.

Gentle Yoga: Beginner Level. Designed for those newer to yoga, struggling with injury or chronic condition, hasn't moved much lately. Move more slowly, explores poses, breaks down sequences to strengthen while, learning to breathe more effectively, calm the mind and expand self-awareness.

Aligned Yoga: Level 1-2. This yoga practice is suitable for the student with a bit of experience, a desire to learn, and an appreciation for our potential.

Restorative Yoga: Relaxing and calming the mind & body through supportive poses with props. Poses are held for a few minutes to allow the body to relax and restore bringing a sense of peace and balance into your life. All levels welcome regardless of flexibility, fitness level or age.

Yin Yoga: Seated deep tissue stretches with sustained posture holds. Opens typical tight areas (hips, hamstrings, low back). A great complement to your regular yoga practice.

MELT: Reduces joint pain and muscle tension with self-treatment techniques to rehydrate connective tissues and rebalance nervous system with specialized balls and soft foam rollers.

Svaroopaa: Svaroopaa yoga classes relieve muscular tension and bring rejuvenation to all systems of the body through postures, yogic breathing and deep relaxation. All levels.

Kundalini: All levels. Movement, meditation, mantra, and breath to bring about a healthy happy body and mind. Each class can help one become aware of much more than just the strength of the body. It helps to facilitate a change physically as well as emotionally and spiritually.

Heated Classes

Hot Yoga: Up to 100 degrees with humidity. As set sequence of 26 poses designed to build strength and balance, as well as create flexibility and focus. Accessible to all levels of students.

Heather Sculpt: 90-95 degrees. A blend of power yoga and hand weights to create lean, toned muscles. A challenging class that will make you sweat and push your limits, yet is still grounded in yoga.

Heated Fusion: 90-95 degrees with humidity. Get a good sweat with a blend of hot yoga, power yoga and vinyasa flow. Alternate between static holds and steady movement, ending with deep stretches.

Specialty Classes

Cancer Recovery Yoga is open to anyone living with cancer or in recovery. Find balance, reduce stress and promote healing with mindful movement, breathing, guided imagery and deep relaxation.

Aerial Silk Yoga: All levels. Traditional yoga poses done on a yoga hammock helping students achieve poses with more depth. Supported inversions will help with decompression, alignment and strength.

Trapeze Yoga: All levels. Incorporates a hanging hammock to explore alignment, release chronic tension, hang upside down, and have fun! The 3 levels of handles allow for upper body and core strength building. Class includes supported inversions and core & upper body strengthening.

Aerial/Trapeze Classes are NOT recommended for those who are pregnant, have had recent surgery, have glaucoma, heart disease, very high or very low blood pressure, easy onset vertigo, osteoporosis, and/or other serious medical concerns.

StrongBoard Balance Yoga Fusion: ALL levels. A perfect blend of traditional yoga, balance and strength training using the StrongBoard Balance board as a prop.

Tween/Teen Aerial: All the benefits of yoga in a safe and playful and non-competitive environment. Aerial yoga provides numerous health benefits for a growing body and mind.

Kids Yoga: Ages 4 to 8. A mix of yoga, games and crafts in a fun environment.

Private Yoga classes are available from most instructors, which may include basic yoga instruction, advanced postures, meditation, yoga therapy (injuries) or vinyasa flow.

February 2018 Class Schedule, Pricing & Descriptions



yoga for every *body*

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