



S C H e D U L e

effective January 19, 2012

SUNDAY	CLASS	INSTRUCTOR
9:00-10:30 am	Vinyasa	Sandra
3:30-4:45 pm	African-Inspired Dance	Rebecca/Jazmo
5:00-6:15 pm	Restorative	Ellen
MONDAY		
9:00-10:30 am	Alignment 1-2	Cheryl
4:30-6:00 pm	Inegral Yoga	Snehan
TUESDAY		
6:30-7:45 am	Kripalu Yoga 1-2	Amy
9:00-10:30 am	African-Inspired Dance	Rebecca
5:00-6:30 pm	Alignment 2	Ellen
6:30-7:30 pm	Restorative	Ellen
WEDNESDAY		
8:00-9:30 am	Vinyasa 1-2	Sandra
9:45-11:00 am	Yin Yoga	Sandra
6:15-7:30 pm	Kundalini Yoga	Francis
THURSDAY		
6:30-7:45 am	Kripalu Yoga Basics	Amy
5:00-6:15 pm	Alignment Basics	Cheryl
6:15-7:45 pm	Alignment 1-2	Ellen
FRIDAY		
8:00-9:30 am	Vinyasa 2-3	Sandra
9:45-11:00 am	Yin Yoga	Sandra
SATURDAY		
9:00-10:30 am	Kundalini Yoga	Francis
10:40-12:00 am	Tai Chi Chuan	Francis
4:30-6:00 pm	Inegral Yoga	Snehan

Single Class \$16.00 * 4 Class Card \$52.00 * 10 Class Card \$100.00

Private Sessions and Yoga Therapy are Available by Appointment

For details call Ellen Wagner, Director, at 808 651-1568

4427 PAPALINA ROAD, KALAHEO ❖ KALAHEOYOGA.COM ❖ KALAHEOYOGA@HOTMAIL.COM

CLASS DESCRIPTIONS

ALIGNMENT

This style of yoga explores a wide variety of postures with an emphasis on correct alignment. Postures are explored in depth to develop a deeper awareness of the body, the mind and the breath. Based on the principles of Iyengar Yoga.

- ❖ **Basics Alignment:** This class is for students who are new to yoga. Basic classes have a slow pace and emphasize the fundamentals of yoga.
- ❖ **Alignment 1:** For students with previous experience who wish to develop strength and develop an understanding of the foundational yoga poses.
- ❖ **Alignment 2:** Students should have a solid foundation in standing poses. Explores a wide variety of poses, including backbends and inversions.

INTEGRAL YOGA

Integral Yoga is safe practice appropriate for practitioners of all levels, ages and abilities. As well as instruction in the classical postures (asanas) each class includes elements of breathing practices (pranayama), concentration practice (meditation), deep relaxation (yoga nidra), and devotional practice (bhakti yoga). The goal of Integral Yoga is to discover and maintain our natural condition of an easeful body, a peaceful mind and a useful life.

VINYASA YOGA

This is a dynamic, fluid and creative form of hatha yoga utilizing the vinyasa sequence of poses throughout the practice. A vinyasa is a variation of suryanamaskar or sun salutation. The vinyasa sequence is great for building strength and flexibility in the upper body and arms. Vinyasa Yoga emphasizes the use of fluid breath and core strength, known as the bandhas.

- ❖ **Vinyasa 1:** Sequences of poses for stability and flexibility. Sun Salutations with variations are introduced.
- ❖ **Vinyasa 2-3:** For students with some experience. Advanced sequences that include backbends and inversions. Pranayama is introduced.

RESTORATIVE

These very gentle yoga classes allow the student to rest and rejuvenate, releasing into passive yoga postures that relieve tension. Using props to support and open the body, poses are held for up to ten minutes as students explore the breath, and experience a deep release of tension.

KRIPALU YOGA

The word Kripalu literally means compassion. Within the Kripalu yoga practice, the focus is on proper alignment and fluid breath, with the emphasis on compassion to one's body and emotions. In Kripalu yoga you find your edge and begin there. There is no competition with any other student or within one's self. Our society focuses on developing a competitive nature, which creates much anxiety and stress. Here in class, we remove that stressful challenge and instead learn to accept and even love ourselves exactly where we are. When you allow yourself to settle and find that starting point, you can then work on opening and strengthening the body one fiber at a time. With this gentle approach you will be surprised how quickly your body, mind and emotions will respond.

TAI CHI CHUAN

This is a slow-motion, moving meditative exercise for relaxation and health.

MIXED OFFERINGS

- ❖ **Mudra/Mantra/Yoga Nidra:** Take a healing journey using sound, hand gesture and guided imagery. We will use mudras, hand gestures that guide the breath and energy in the body, bija mantras, one syllable sounds, and guided imagery to relax and integrate the body, mind and spirit.
- ❖ **Yoga Therapy (Ellen)** Private sessions to address specific conditions, using yoga poses, breathing techniques and guided relaxation. 60 minutes \$75

Please arrive five minutes early. Wear comfortable clothing, and avoid the use of perfumes and lotions. It is best to practice yoga on an empty stomach. Everyone should be able to practice yoga. If you would like to attend classes, but are limited by financial resources, please contact Ellen. Scholarships are available.

It is the stated policy of Kalaheo Yoga to hold class even if only one student shows up. However, instructors are independent contractors and reserve the right to cancel classes for inadequate participation.

KALaHEO YOGA 808 651-1568

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