



S C H e D U L e

effective august 19, 2010

SUNDAY	CLASS	INSTRUCTOR
9:00-10:30 am	Vinyasa 1-2	Maggie
MONDAY		
7:30-8:45 am	Restorative Yoga	Ellen
9:00-10:15 am	Alignment 1-2	Ellen
6:00-7:15 pm	Alignment 1-2	Melinda
TUESDAY		
8:00-9:15 am	Alignment 1-2	Ellen
9:30-10:30 am	Mudra/Mantra/Yoga Nidra	Ellen
5:00-6:15 pm	Alignment Basics	Ellen
6:15-7:30 pm	Restorative	Ellen
WEDNESDAY		
8:00-9:30 am	Vinyasa 1-2	Sandy
5:00-7:00 pm	Tai Chi Chuan Workshop	Ellen
THURSDAY		
8:00-9:30 am	Alignment 1-2	Ellen
9:45-11:00 am	Restorative	Ellen
6:00-7:15 pm	Alignment Basics	Melinda
FRIDAY		
8:00-9:45 am	Vinyasa 2	Sandy
SATURDAY		
8:00-9:15 am	Alignment 1-2	Ellen
9:15-10:30 am	Restorative Yoga	Ellen

Single Class \$15.00 * 4 Class Card \$48.00 * 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

FOR BEGINNERS

These classes are for students who are new to yoga. The classes have a slow pace and emphasize the fundamentals of yoga.

- ❖ **Introductory/Basics Alignment:** This class builds a foundation of poses, emphasizing safe and correct alignment. The use of props allows for students with different levels of flexibility to participate.
- ❖ **Basics Vinyasa:** This class builds a foundation of simple poses while also moving from one pose to the next in a flowing sequence.

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.

- ❖ **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 back bends and inversions.

VINYASA/HATHA FLOW

Vinyasa means link and this style of yoga emphasizes the dynamic flow of movement with the breath from one posture to the next.

- ❖ **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.

REST & RESTORE

These very gentle yoga classes allow the student to rest and rejuvenate, releasing into passive yoga postures that relieve tension.

- ❖ **Restorative:** 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.

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 for Moms:** Bring your infant, toddler, or preschooler and practice with other moms. Develop a yoga practice amidst the activity of early childhood in a safe and pleasant environment for your child and yourself.
- ❖ **Yoga for Kids:** For kids ages 6-11. This fun and engaging program uses animal stories to develop focus, strength, and coordination while creating a sense of inner calm. Based on the Yogaland program. 5 week session from 9/2 to 9/30. Please call or email to register.
- ❖ **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.

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