

RIISING LOTUS YOGA CLASS SCHEDULE 2017



Monday

8:00-9:00	Level 2 Flow
9:00-10:30	Level 2/3
9:30-11:00	Easy Does it
10:45-12:00	Level 1
12:15-1:15	Lunch Flow
5:00-6:00	Level 2/3
6:00-7:15	Level 1-2
6:15-7:45	Level 2/3
7:30-9:00	Level 2/3

Katie Owsley
 Claire Hartley
 Karen Rose
Nina Siemaszko
Lindsley Allen
 Nina Siemaszko
 Rosanna Tavarez
 Julia Frodahl
 Madelaine Culbertson

Tuesday

7:00-8:15	Level 2/3
9:00-10:30	Level 1
10:40-12:10	Level 2/3
12:30-2:00	Gentle & Therapeutics
5:00-6:00	Level 2/3
6:15-7:30	Level 2/3
6:30-7:45	Easy Does It
7:45-9:00	Level 1
8:00-9:15	Candlelit Flow

Stacy Jackson
 Stacy Jackson
Micki Duran
 Ann Braden
 Julia Garro
 Anna Hanson
 Kellie Pulce
 Nina Siemaszko
 Madelaine Culbertson

Wednesday

8:00-9:00	Level 2 Flow
9:00-10:30	Level 2/3
9:30-11:00	Easy Does it
10:45-12:00	Level 1
11:30-12:45	Yoga Tune Up
12:15-1:15	Lunch Flow
4:30-5:55	Iyengar
5:00-6:00	Level 2/3
6:00-7:15	Level 1-2
6:15-7:45	Level 2/3
7:30-8:15	Meditation-Donation Only
8:05-9:30	Relax Deeply

Katie Owsley
 Claire Hartley
 Karen Rose
 Lilia Mead
 Stacy Jackson
 Micki Duran
 Jay Averell
 Nina Siemaszko
 Rosanna Tavarez
 Julia Frodahl
 Yogi Arvind
 Nina Siemaszko

Thursday

7:00-8:15	Level 2/3
9:00-10:30	Level 1
10:40-12:10	Level 2/3
12:30-2:00	Gentle & Therapeutics
3:30-4:30	Kids Yoga
5:00-6:00	Level 2/3
6:15-7:45	Level 2/3
6:30-7:45	Easy Does It
7:45-9:00	Level 1
8:00-9:15	Candlelit Flow

Stacy Jackson
 Stacy Jackson
 Daniel Stewart
 Ann Braden
 Kimberly Fujitaki
 Julia Garro
 Anna Hanson
 Kellie Pulce
 Nina Siemaszko
 Madelaine Culbertson

Friday

8:00-9:00	Level 2 Flow
9:00-10:30	Level 2/3
9:30-11:00	Easy Does it
10:45-12:00	Level 1
12:15-1:15	Lunch Flow
4:30-5:55	Iyengar
5:00-6:00	Level 2/3
6:30-8:00	Yin Yoga

Katie Owsley
 Claire Hartley
 Karen Rose
 Lilia Mead
 Micki Duran
 Jay Averell
 Anna Hanson
 Patille Keabajian

Saturday

9:00-10:25	Level 1/2
9:30-11:00	Easy Does It
10:40-12:05	Level 2/3
3:30-4:55	Level 1
5:00-6:30	Level 2/3

Claire Hartley
 Karen Rose
 Claire Hartley
 Julia Frodahl
 Julia Frodahl

Sunday

9:00-10:25	Level 2
10:00-11:30	Level 1
10:40-12:05	Level 2/3
11:45-12:45	Level 1/2
4:00-5:25	Level 2/3
5:30-7:00	Relax Deeply

Daniel Stewart
 Rosanna Tavarez
 Daniel Stewart
 Dorit Hurst
 Micki Duran
 Micki Duran

Level 1

Basic instruction for beginners

Level 1/2

Fundamentals taught but with intro to more advanced postures.

Level 2

Slow flow class, suitable for those with level 1 experience

Level 2/3

Our signature flow class. Six months prior experience suggested

Easy Does it

Our class below level 1. Some flow but an easy pace

Gentle & Therapeutics

For those who need special attention with injuries and conditions

Iyengar Yoga

Instruction according to BKS Iyengar, emphasis on alignment.

Candlelit flow

End of the evening flow, less instruction.

Yin Yoga

Passive and slow-paced style of yoga with all poses in a seated or reclining position

Relax Deeply

All levels welcome. Poses are held longer with support from props to quiet and relax the body and mind

Yoga Tune Up

All levels welcome. Ease pain, improve posture and enhance mobility with self massage and corrective exercise

***New Offering, New Teacher or New Time**