

The Body Electric Yoga Company, 685 30<sup>th</sup> Ave. N., St. Pete 33704  
727-490-ZEN1 | thebodyelectricyoga.com



**This schedule WILL become outdated. Always check online or app!**

Monday	Tuesday	Wednesday	Thursday	\$5 Friday	Saturday	Sunday
6:00-8:30am <b>Mysore*</b> <b>(Ashtanga)</b> Jade Skinner	6:00-8:30am <b>Mysore*</b> <b>(Ashtanga)</b> Jade Skinner	6:00-8:30am <b>Mysore*</b> <b>(Ashtanga)</b> Jade Skinner	6:00-8:30am <b>Mysore*</b> <b>(Ashtanga)</b> Jade Skinner	6:30-7:30am <b>Power Hour</b> Zach Mills	8:30-9:30am <b>Hot Hatha</b> Jenny Miller	8:00-10:00am <b>Mysore*</b> <b>(Ashtanga)</b> Jade Skinner
6:30-7:30am <b>Power Hour</b> Alix Emery	8:30-9:45am <b>Flow Down</b> Rachel Miller	6:30-7:30am <b>Power Hour</b> Zach Mills	8:30-9:45am <b>Flow Down</b> Rachel Miller	7:00-8:30am <b>Full Primary</b> <b>(Ashtanga)</b> Jade Skinner	10:00-11:15am <b>Hot Flow</b> Tiffany Cantrell	8:30-9:30am <b>Foundations</b> Brinda / Bethany
9:00-10:15am <b>Power Flow</b> Katelyn Grady	12:00-1:15pm <b>Rocket</b> Jessica Needham	9:00-10:15am <b>Power Flow</b> Amy Faulkner	12:00- 1:00pm <b>Hatha</b> Rissa Wray	9:00-10:15am <b>Power Flow</b> Katelyn Grady	10:30-11:30pm <b>Restorative</b> <b>Meditation</b> Di Tyssen <i>(by donation)</i>	10:00-11:30am <b>Power Flow</b> Rachel Miller
12:00-1:15pm <b>Flow Down</b> Danielle Collinsworth	2:00-3:30pm <b>Foam Rolling,</b> <b>Stability and</b> <b>Movement</b> Lance Robbins	10:30-11:45am <b>Foundations</b> Bethany Peabody	12:00- 1:15pm <b>Rocket</b> Jess Needham	10:30-11:45am <b>SUP Beach**</b> Denise Highshaw \$15 BYOB/ \$25 board rental	12:00-1:00pm <b>Power Hour</b> Amanda Riker	10:30-11:45am <b>SUP Beach**</b> Dani Mae \$15 BYOB/ \$25 board rental
3:30-4:45pm <b>Yin (Deep</b> <b>Stretch)</b> Dani Mae	6:00-7:15pm <b>Power Flow</b> Katelyn Grady	12:00-1:15pm <b>Flow Down</b> Andrea Behler	5:30-6:45pm <b>Prenatal Flow</b> Jennifer Rose	12:00-1:15pm <b>50/50</b> <b>(Power/Yin)</b> Rachel Miller		12:00-1:15pm <b>Flow Down</b> Amy Faulkner
5:30-6:45pm <b>Hot Hatha</b> Jenny Miller	7:45-9:00pm <b>Flow Down</b> Rachel Miller	2:00-3:15pm <b>Rocket</b> Alix Emery	6:00-7:15pm <b>Power Flow</b> Tiffany Cantrell	2:00-3:00pm <b>Meditation</b> Ashley Smith		4:00-5:15pm <b>Power Flow</b> Lisa Knaffla
6:00-7:15pm <b>Half Primary</b> <b>(Ashtanga)</b> Linzi Cross		5:30-6:45pm <b>Hot 50/50</b> <b>(Power/Yin)</b> Andrea Behler	7:15-8:30pm <b>50/50</b> <b>(Power/Yin)</b> Amanda Riker	3:30-4:45pm <b>Flow Down</b> Shila LaGrua		6:00-7:15pm <b>Totally</b> <b>Restorative</b> Dani Mae
7:15-8:30pm <b>Hot 50/50</b> <b>(Power/Yin)</b> Jessica Needham		6:00-7:15pm <b>Gentle</b> Brinda Chalnick	7:45-9:00pm <b>Totally</b> <b>Restorative</b> Brinda Chalnick	5:30-7:00pm <b>Rocket</b> Jessica Needham		
7:45-9:00pm <b>Flow Down</b> Danielle Collinsworth		7:15-8:30pm <b>Hot Flow</b> Lisa Knaffla		6:00-7:15pm <b>Soul Flow</b> Jen DeBuhr		

**Yoga On Tap and Yoga Poolside Schedule:** All are \$5 for BE unlimited members, or \$10, advance. \$15 at the door. Register online. Check Facebook/website for details. Unused registrations can be used for any YOT. Some mats available.

**Every Saturday, 8:30am: Yoga Poolside at The Hollander Hotel.** Flow Down on the pool deck with Rachel Miller and a rotating cast of characters. Stay to swim and brunch, or rent a cabana and leisure the day away. 421 4th Avenue North.  
**First and Third Wednesdays, 6:00pm: Yoga On Tap at 3 Daughters Brewery.** Power Flow w/ live musicians. Stay for award-winning craft brews and goodtimes with yogis. Class takes place in the warehouse space. 222 22nd St S.  
**Second Sundays, 11:00am: Yoga On Tap at Green Bench Brew Co.** Soul flow w/ Jen Debuhr and a live DJ or musicians. Family-friendly beer garden. Outside weather-permitting, or in the the production space. 1133 Baum Ave N.  
**Last Wednesdays, 7:00pm: Yoga On Tap at The Bikery.** Flow Down with Amanda Riker. Stay for craft coffee, beer & wine, and check out some new & vintage bicycles. 2222 First Avenue S.

**Prenatal Flow:** Our prenatal class with is a community of moms-to-be, practicing yoga together in a friendly atmosphere. The special needs of the pregnant body will be addressed. A foundational approach will be applied to flow sequences with an emphasis on internal listening. Students are encouraged to go at their own pace.

**Flow Down:** Flow Down is power vinyasa, slowed down. We'll take our time building up a standing series, generating good heat and flow, and then take it to the floor. Expect long, strong holds and deep stretching. A perfect change-of-pace.

**Foam Rolling, Mobility, and Movement:** Join Dr. Lance for an hour of recovery-based mobility and movement work. With just a simple foam roller and lacrosse ball, you can repair yourself, recover from intense activity, manage pain, and fix movement dysfunction. It's a perfect complement to any active person's regimen, and an easy way to manage aches and pains while speeding up your recovery time.

**Foundations:** This is a workshop-style class for beginners, or for anyone who's interested in refining their knowledge of postures and alignment, basic breath work and meditation. In these small classes you'll receive assistance as we move slowly through the foundational postures and ideas central to yoga.

**Full Primary:** This is a led class through the Primary Ashtanga sequence. Ashtanga is a physically demanding practice synchronizing breath with movement through a set series of progressive postures to build strength, flexibility, and stamina. This class is strong and quick-paced, and not recommended for beginners.

**Gentle:** For when you just want to take it easy. This class is also recommended for students with injuries, special conditions, or mobility or strength issues. Chairs are available.

**Half Primary:** Led class of abridged version of Ashtanga's Primary Series. This practice combines deep, audible nostril breathing (ujjayi), bandhas (internal energy locks) and drishti (visual focal points) in specific sequences of asanas linked by breath.

**Hatha / Hot Hatha:** In Hatha we move more slowly, building heat through balancing, deliberate action, and long holds, rather than through the constant movement of vinyasa. This is an all-levels classes suitable for most healthy beginners, though the hot version is considerably more demanding.

**Hot Flow:** This is power vinyasa with the heat on. In hot flow, you get rode hard and put away wet. This class is sweaty, challenging, and never the same twice.

**Hot 50/50 and 50/50 (Power/Yin):** The 50/50 starts strong, with Suns and standing postures. For the second half, we hit the mat for Yin-style deep stretching. Long holds promote flexibility and increased range of motion. Rewarding and challenging!

**Mysore:** Experience Ashtanga in the traditional method, and advance your asana practice. In a Mysore-style class, students move through the Primary Series at their own pace, under the close supervision of a teacher. Our Mysore Program has its own pricing options, and is not part of the regular unlimited membership.

**Power Flow / Power Hour:** The power flow style came from the Ashtanga tradition. Vigorous and creative standing sequences may move quickly or employ long holds. Build strength, range-of-motion, and comfort in your own skin. This class is generally not recommended for beginners or those with special conditions, but all are welcome.

**Meditation / Restorative Meditation:** A mix of restorative poses, breath work, and entry-level meditation practice. Join us in this ancient discipline to cultivate calm, insight, and happiness.

**Rocket:** Rocket is moderately-paced and prop-friendly, with many opportunities for variations, modifications, and inversions. Surya Namaskar A and B are followed by some 66 postures and the traditional closing series. Dristhi, Bandha, and Mantra are incorporated, and Sanskrit count is used for pace. All levels are welcome.

**Soul Flow:** Expect a little philosophy while you sweat. Soul Flow is a moderate, approachable flow class with a sweet Yin ending and opportunities to emotionally connect throughout. Think of it as yoga therapy for the spirit.

#### **SUP Beach**

Take your yoga out onto the water! BYO Paddle Board or rent for \$15 / \$25 (anchors provided). Board rental package = 5 classes/\$100 and BYOB package = 5 classes/\$50. Launch is from Sunset Beach. Preregistration is required.

**Totally Restorative:** A deeply relaxing practice for everybody. We'll use bolsters, blankets, blocks, and straps to fully support you in each posture. Classes may feature guided meditation, pranayama, or anatomical focus. Reduce stress and enjoy good health.

**Yin (Deep Stretch):** Yin yoga targets the deep, dense connective tissues of the hips, pelvis and lower spine, and the web of fascia that runs throughout the entire body. Most yin postures are floor-based and held for a long period of time. Do not confuse yin yoga with restorative: this class is challenging, mentally and physically.

#### ETCETERA

**REGULAR CLASS PRICES:** \$14 DROP-INS, \$5 ON FRIDAYS, \$7 FOR YOGA TEACHERS. 10 CLASSES/\$120. ONE MONTH: \$70.

AUTODEBIT MEMBERSHIP \$60/MO. ONE YEAR: \$600.

**\*MYSORE:** DROP-INS, \$20. 5

CLASSES/\$90. 10 CLASSES/\$170. AUTODEBIT MEMBERSHIP \$108/MO. ONE YEAR: \$1,050. ARRIVE ANY TIME BEFORE 7:30 TO BEGIN. NO CLASS ON NEW/FULL MOONS. CHECK THE ONLINE SCHEDULE.

**\*\*SUP YOGA:** BYO PADDLE BOARD OR RENT FOR \$15 / \$25 (ANCHORS PROVIDED). BOARD RENTAL PACKAGE = 5 CLASSES/\$100 AND BYOB PACKAGE = 5 CLASSES/\$50.

**HOURS:** OUR DESK IS STAFFED M-TH 4-8, FRI-SAT-SUN 8-8, AND BEFORE AND AFTER SCHEDULED CLASSES.

**MATS/TOWELS/WATER** ARE AVAILABLE  
Please plan to arrive early for classes. Doors are locked ten minutes after scheduled start time, and for certain classes no late-entry is permitted.

We've partnered with our friends at Vertical Ventures to provide climber-friendly classes for VV patrons. For \$18, you can climb all day, AND yoga with one of our awesome teachers. Schedule:

<http://stpete.verticalventures.com/yoga>

**VERTICAL VENTURES**