

Monday	Tuesday	Wednesday	Thursday		\$5 Friday	Saturday	Sunday
6:00-8:30am Mysore* Jade Skinner	6:00-8:30am Mysore* Jade Skinner	6:00-8:30am Mysore* Jade Skinner	6:00-8:30am Mysore* Jade Skinner		6:00-8:30am Mysore* Jade Skinner		7:00-9:00am Mysore* Jade Skinner
6:30-7:30am Power Hour Lindsay Cross	6:30-7:30am Power Hour Brittany George	6:30-7:30am Power Hour Zach Mills	6:30-7:30am Power Hour Allison Archer		6:30-7:30am Power Hour Alix Emery		
9:00-10:15am Power Flow Katelyn Grady	8:30-9:45am Flow Rachel Miller	9:00-10:15am Flow Andrea Behler	8:30-9:45am Power Flow Rachel Miller		9:00-10:15am Power Flow Katelyn Grady	8:30-9:30am Hot Hatha Hour Jenny Miller	8:30-9:30am Foundations Brinda / Bethany
	9:30-10:45am Hot Hatha Shahar Kovetz		9:30-10:45am Hot Flow Alexis Holland			9:00-10:15am Flow Jess Taing	
			10:00-11:15am Prenatal Bethany Peabody		10:30-11:30am Foundations Amanda Riker	10:00-11:15am Hot Power Abby Goodwin	10:00-11:30am Power Flow Amy Wiley
12:00-1:15pm Flow Andrea Behler	12:00-1:15pm Rocket Jessica Mihm	12:00-1:00pm Power Lunch! Allison Potier					
	12:30-1:30pm Hot Lunch! Jess Taing	12:30-1:30pm Hot Lunch! Gracie Mayer	12:00- 1:15pm Rocket Jessica Mihm		12:00-1:00pm Flow Hour Jessica Taing	12:00-1:00pm Power Lunch! Amanda Riker	12:00-1:15pm Flow Allison Potier
3:00-4:15pm Hot Hatha Mike Meehan	2:00-3:15pm Foundations Bethany Peabody	3:00-4:15pm Hot Hatha Mike Meehan			2:00-3:15pm Tai Chi Flow Shahar Kovetz		
3:30-4:45pm Rocket Allison Potier		4:00-4:45pm Kids Yoga Gracie Mayer	3:30-4:45pm Flow Andrea Behler		4:00-5:00pm Pranayama Meditation Dani Mae		4:30-5:30pm Mantra Meditation Shahar Kovetz
5:30-6:45pm Hot Hatha Jenny Miller	5:30-6:45pm Hot Hatha Dani Mae	5:30-6:45pm Hot Flow Brittany George	5:30-6:45pm Hot Flow Brittany George		5:30-6:45pm Flow Shila LaGrua		
6:00-7:15pm Half Primary (Ashtanga) Jade Skinner	6:00-7:15pm Power Flow Jessica Mihm	6:00-7:00pm Flow Hour Rachel Miller	6:00-7:00pm Power Hour Jessica Mihm	6:00-7:00pm Foundations Jennifer Rose	6:00-7:15pm Soul Flow Gracie Mayer		6:00-7:15pm Restorative Dani Mae
7:15-8:30pm Hot Power/Yin Amanda Riker	7:15-8:30pm Hot Power/Yin Lisa Knaffla	7:15-8:30pm Hot Power Lisa Knaffla	7:15-8:30pm Hot Hatha Dani Mae		7:15-8:15pm Rocket Hour Allison Potier		
7:30-8:30 Self-Care and Recovery Lance Robbins		7:30-8:45pm Gentle Brinda Chalnick	7:30-8:45pm Restorative Brinda Chalnick				
7:45-9:00pm Yin Dani Mae	7:45-8:45pm Flow Hour Amanda Riker		7:30-9:00pm Nude Yoga for Men* Andre Sur		7:45-9:00pm Yin Dani Mae		*Priced separately.

Mantra Meditation: Take your meditation to new realms of relaxation through the power of mantra. A mantra is a mystical energy encased in a sound structure. Through call-and-response musical repetition of different mantras, you awaken dynamic energies within you: peace, prosperity, health, inner power, and love. This class is designed to help you open your voice so you can experience the benefits in your own mind and body, leaving you feeling light, peaceful, and balanced.

Flow / Hot Flow / Hot Lunch: This 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.

ETCETERA

CLASS PRICES: \$16 DROP-INS, \$5 ON FRIDAYS. 10 CLASSES/\$120. 30 DAY PASS: \$85. AUTODEBIT MEMBERSHIP \$70/MO. ONE YEAR: \$700.

MYSORE: DROP-INS, \$20. 10 CLASSES: \$170. ONE MONTH: \$125. AUTODEBIT MEMBERSHIP \$108/MO. ONE YEAR: \$1,050. NO CLASS ON NEW/FULL MOONS. CHECK THE ONLINE SCHEDULE.

PADDLEBOARD YOGA: BYO OR RENT FOR \$20 / \$35 (ANCHORS PROVIDED). PACKAGES AVAILABLE. PRE-REGISTRATION REQUIRED.

HOURS: OUR DESK IS STAFFED 7 DAYS A WEEK, 8AM-8PM.

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.

Foundations: For beginners, or for anyone looking to refine their knowledge of postures and alignment, breath work, and meditation. Move slowly through the foundational postures and ideas central to yoga, building heat through balancing, deliberate action, and long holds.

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 available.

Half Primary: Led class of abridged version of Ashtanga's Full Primary Series.

Hatha / Hot Hatha: Build strength, flexibility, and mental toughness in this slow-paced asana practice. All-levels, suitable for most beginners without special conditions.

Hot Power 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 Power/Yin and Power/Yin: Start strong, with Suns and standing postures. For the second half, we hit the mat for deep stretching. Long holds promote repatterning and release. Rewarding and challenging!

Kids Yoga: 45 minutes of laughter, movement, mindfulness, singing, stories, & breathing. Recommended for kids 3-7 years of age. One free kid per BE Unlimited Member. Kids with non-members & additional kids are \$8/each. Guardian is free!

Self-Care & Recovery: We'll use a variety of tools to recover, heal, and improve your functional mobility. LIMITED TO 16 STUDENTS. Think of it as a full-body lube job!

Mysore: Experience Ashtanga in the traditional method. 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 and is not part of the regular unlimited membership.

Power Flow / Power Hour: Vigorous and creative standing sequences may move quickly or employ long holds. Build strength, range-of-motion, fortitude, and calm.

Pranayama Meditation: This is an *active* meditation, where you'll learn and practice a variety of breathing techniques. These ancient tools were developed to create specific mental, physical, and emotional benefits.

Prenatal: Our prenatal is a community of moms-to-be, practicing yoga together in a friendly atmosphere. The special needs of the pregnant body will be addressed. Students are encouraged to self-pace.

Restorative: A deeply relaxing practice for everybody. We'll use bolsters, blankets, blocks, and straps to fully support you in each posture.

Rocket / Rocket Hour: Rocket is quickly-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.

Soul Flow: 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.

Tai Chi Flow: Improve your mobility, coordination, balance, and vitality. Based in the ancient discipline of martial arts, Tai Chi Flow will get your Qi moving, and build strength and fluidity from the inside out.

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.

Yoga On Tap & Yoga Poolside: \$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 classes are seasonal or weather-permitting, so check the online schedule.

- ✓ *Saturdays, 8:30am:* Yoga Poolside at **The Hollander Hotel**, 421 4th Avenue North. April-October.
- ✓ *First & Third Wednesdays, 6:00pm:* Power and live music indoors at **3 Daughters Brewery** 222 22nd St S.
- ✓ *Second Sundays, 11:00am:* Flow at **Green Bench Brew Co.** 1133 Baum Ave N. Year-round, rain or shine. Outdoor weather-permitting.