

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	\$5 Friday	Saturday	Sunday
6:00-8:30am Mysore* (Ashtanga) Jade Skinner	6:00-8:30am Mysore* (Ashtanga) Jade Skinner	6:00-8:30am Mysore* (Ashtanga) Jade Skinner	6:00-8:30am Mysore* (Ashtanga) Jade Skinner	6:00-8:30am Mysore* (Ashtanga) Jade Skinner		7:00-9:00am Mysore* (Ashtanga) Jade Skinner
6:30-7:30am Power Hour Brittany George	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		
	8:30-9:45am Flow Rachel Miller		8:30-9:45am Power Flow Rachel Miller		8:30-9:30am Hot Hatha Hour Jenny Miller	8:30-9:30am Foundations Brinda / Bethany
9:00-10:15am Power Flow Katelyn Grady		9:00-10:15am Flow Andrea Behler		9:00-10:15am Power Flow Katelyn Grady	9:00-10:15am Flow Jess Taing	10:00-11:30am Power Flow Amy Wiley
	10:30-11:45am Hatha Shahar Kovetz	10:30-11:45am Foundations Bethany Peabody	10:00-11:15am Prenatal Denise Highshaw	10:30-11:30am Foundations Amanda Riker	10:00-11:15am Hot Power Abby Goodwin	
12:00-1:15pm Flow Andrea Behler	12:00-1:15pm Rocket Jessica Mihm	12:00-1:15pm Flow Allison Potier	12:00- 1:15pm Rocket Jessica Mihm	12:00-1:00pm Flow Hour Jessica Taing	12:00-1:00pm Power Hour Amanda Riker	12:00-1:15pm Flow Allison Potier
	2:00-3:00pm Mobility Flow Hour Jessica Mihm	3:00-4:15pm Hot Hatha Mike Meehan	2:00- 3:00pm Mobility Flow Hour Lance Robbins	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		
	5:00-7:00pm Mysore* (Ashtanga) Tiffany Wimmer	5:00-7:00pm Mysore* (Ashtanga) Tiffany Wimmer	5:00-7:00pm Mysore* (Ashtanga) Tiffany Wimmer			
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 Hatha Dani Mae	5:30-6:45pm Flow Shila LaGrua		4:30-5:30pm Bhakti Kirtan Jess Taing
6:00-7:15pm Half Primary (Ashtanga) Lindsay Cross	6:00-7:15pm Power Flow Rachel Miller	6:00-7:00pm Flow Hour Jessica Mihm	6:00-7:00pm Power Hour Jessica Mihm	6:00-7:15pm Soul Flow Rachel Miller		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 Flow Brittany George	7:15-8:15pm Rocket Hour Alix Emery		
7:45-9:00pm Yin (Deep Stretch) Dani Mae	7:45-8:45pm Flow Hour Amanda Riker	7:30-8:45pm Gentle Brinda Chalnick	7:30-8:45pm Restorative Brinda Chalnick	7:45-9:00pm Yin (Deep Stretch) Dani Mae		*Mysore and SUP classes priced separately.

Bhakti Kirtan: Bhakti is the path of devotion, and at its center is Kirtan, the practice of chanting and singing mantra. Kirtan is a communal musical experience, where every voice is welcomed, honored, and loved.

Flow / Hot Flow: 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.

Full Primary: This is a led class through the Primary Ashtanga sequence. It is a physically demanding practice, synchronizing breath with movement through a set series of progressive postures to build strength, flexibility, and stamina.

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: Kidding Around Yoga is stress-management for kids! 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!

Meditation: A mix of restorative poses, breathwork, and meditation practice.

Mobility Flow Hour: Starts by building a flow with a specific theme or area of focus; the second half of class continues the day's purpose using a variety of tools to recover, heal, and improve your functional mobility.

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.

Paddleboard Yoga/SUP: Soak in all the elements with an invigorating 75-minute yoga practice on a stand-up paddle board. Boards and anchors are available or BYOB. We launch from Flora Wylie. Pre-register.

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. March-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.