

The Body Electric Yoga Company, 3015 7th Street North, St. Pete 33704  
 727-490-ZEN1 | thebodyelectricyoga.com | help@thebodyelectricyoga.com



This schedule WILL become outdated.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

# JANUARY

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		8:00-10:00am <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	8:30-9:30am <b>+Hot Hatha</b> Jenny Miller	8:30-9:30am <b>Foundations</b> Brinda / Bethany
9:00-10:15am <b>Power Flow</b> Katelyn Grady		9:00-10:15am <b>Power Flow</b> Jessica Needham		9:00-10:15am <b>Power Flow</b> Katelyn Grady	10:00-11:15am <b>+Hot Power</b> Abby Goodwin	10:00-11:30am <b>Power Flow</b> Amy Faulkner
	10:30-11:45am <b>Hatha Yoga</b> <b>(Sivananda)</b> Shahar Kovetz	10:30-11:45am <b>Foundations</b> Bethany Peabody			10:30-11:30am <b>Meditation</b> Di Tyssen <i>(by donation)</i>	
12:00-1:15pm <b>Flow Down</b> Andrea Behler	12:00-1:15pm <b>Rocket</b> Jessica Mihm	12:00-1:15pm <b>Rocket</b> Jessica Mihm	12:00- 1:15pm <b>Rocket</b> Jessica Mihm	12:00-1:15pm <b>Power/Yin</b> Rachel Miller	12:00-1:00pm <b>Power Hour</b> Amanda Riker	12:00-1:15pm <b>Flow Down</b> Allison Potier
	2:00-3:15pm <b>Foam Rolling</b> Lance Robbins	3:00-4:15pm <b>+Hot Hatha</b> Mike Meehan	2:00- 3:15pm <b>Align &amp; Refine</b> Rissa Wray	2:00-3:00pm <b>Meditation</b> Ashley Smith		2:00-3:15pm <b>AcroYoga</b> The Movement Sanctuary
3:30-4:45pm <b>Yin</b> <b>(Deep Stretch)</b> Dani Mae	4:00-5:00pm <b>Body &amp; Mind</b> <b>Martial Arts</b> Shahar Kovetz	3:30-4:45pm <b>Flow Down</b> Andrea Behler		3:30-4:45pm <b>Flow Down</b> Shila LaGrua		
5:30-6:45pm <b>+Hot Hatha</b> Jenny Miller	5:30-6:45pm <b>+Hot Hatha</b> Dani Mae	5:30-6:45pm <b>+Hot Power/Yin</b> Andrea Behler	5:30-6:45pm <b>Prenatal</b> Jennifer Rose	5:30-7:00pm <b>Rocket</b> Alix Emery		
6:00-7:15pm <b>Half Primary</b> <b>(Ashtanga)</b> Linzi Cross	6:00-7:15pm <b>Power Flow</b> Katelyn Grady	6:00-7:15pm <b>Gentle</b> Brinda Chalnick	6:00-7:15pm <b>Power Flow</b> Tiffany Cantrell	6:00-7:15pm <b>Soul Flow</b> Rachel Miller		6:00-7:15pm <b>Restorative</b> Dani Mae
7:15-8:30pm <b>+Hot Power/Yin</b> Amanda Riker	7:15-8:30pm <b>+Hot Power/Yin</b> Lisa Knaffla	7:15-8:30pm <b>+Hot Power</b> Lisa Knaffla	7:15-8:30pm <b>Power/Yin</b> Jessica Mihm			
7:45-9:00pm <b>Flow Down</b> Denise Highshaw	7:45-9:00pm <b>Flow Down</b> Amanda Riker	7:45-8:45pm <b>Power Hour</b> Allison Potier	7:45-9:00pm <b>Restorative</b> Brinda Chalnick	7:45-9:00pm <b>Yin</b> <b>(Deep Stretch)</b> Dani Mae		*Mysore classes priced separately. + Heated classes

**AcroYoga:** A mix of yoga, partner acrobatics, and healing arts. You will learn to effectively spot, base and fly, and give and receive, in a safe, guided environment. These classes are presented by The Movement Sanctuary, [www.themovementsanctuary.com](http://www.themovementsanctuary.com)

**Body and Mind Martial Arts:** Learn about the vast world of martial arts. We'll focus on movement, generating internal power, physical exercises, and developing tools for self-defense.

**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:** 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.

**Foundations / Align & Refine:** Refine your knowledge of postures and alignment, basic breath work, and meditation. We will move slowly through the foundational postures and ideas central to yoga, building heat through balancing, deliberate action, and long holds, rather than through continuous movement.

**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 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 available.

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

**Hot Hatha:** Build strength, flexibility, and mental toughness in this hot and slow asana practice. All-levels, suitable for most beginners without special conditions who are in decent shape.

**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 Power/Yin and 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!

**Meditation:** A mix of restorative poses, breath work, and entry-level meditation practice.

**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 options, 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.

**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 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. All levels are welcome.

**Hatha Yoga (Sivananda):** Gain the tools to join any class safely and with confidence. Experienced practitioners, too, will enjoy the change of pace and enhance an existing practice. Suitable for beginners.

**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.

**SUP Beach:** Take your yoga out onto the water! Bring your own board or rent. Launch is from Sunset Beach. Preregistration is required. Pricing options below.

**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.

## ETCETERA

**REGULAR CLASS PRICES:** \$15 DROP-INS, \$5 ON FRIDAYS, \$7.50 FOR YOGA TEACHERS. 10 CLASSES/\$120. ONE MONTH: \$70. AUTODEBIT MEMBERSHIP \$60/MO. ONE YEAR: \$600.

**\*MYSORE:** DROP-INS, \$20. 10 CLASSES: \$170. ONE MONTH: \$125. 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 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.

**Yoga On Tap, Yoga On HY & Yoga Poolside:** 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.

- ✓ *Saturdays, 8:30am:* Poolside at The Hollander Hotel, 421 4th Avenue North.
- ✓ *First & Third Sundays 9:00am:* Poolside and rooftop, mimosa & brunch specials at Hyatt Place, 25 2nd St N, St.
- ✓ *First & Third Wednesdays, 6:00pm:* Power and live music at 3 Daughters Brewery 222 22nd St S.
- ✓ *Second Sundays, 11:00am:* Flow w/ live music at Green Bench Brew Co. 1133 Baum Ave N. Outside weather permitting.
- ✓ *Last Wednesdays, 7:00pm:* Flow at The Bikery, 2222 First Avenue S.