

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



This schedule WILL become outdated.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

JULY

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

Prenatal Flow: 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. A foundational approach will be applied 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.

Foundations: This is a 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 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.

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. 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.

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 quick to 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. 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. 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. This class is challenging, mentally and physically.

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. 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 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.

We've partnered with our friends at Vertical Ventures to provide classes for VV patrons. For \$18, you can climb all day, AND yoga with one of our awesome teachers.
<http://stpete.verticalventures.com/yoga>

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.

- ✓ *Saturdays, 8:30am:* Yoga poolside at The Hollander Hotel, 421 4th Avenue North.
- ✓ *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.