



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

This schedule WILL become outdated. Check the website for current classes/times/instructors!

Monday	Tuesday	Wednesday	Thursday	\$5 Friday	Saturday	Sunday
7:00-8:30am Full Primary* (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	8:30-9:30am Hot Hatha Jenny Miller	8:00-10:00am Mysore* (Ashtanga) Jade Skinner <i>(by donation)</i>
9:00-10:15am Power Flow Katelyn Grady	8:30-9:45am Flow Down Rachel Miller	9:00-10:15am Power Flow Amy Faulkner	8:30-9:45am Flow Down Rachel Miller	7:00-8:00am Power Hour Alix Emery	10:00-11:15am Hot Flow Tiffany Cantrell	8:30-9:30am Foundations Brinda / Bethany
12:00-1:15pm Flow Down Jenny Miller	12:00-1:15pm Rocket Jessica Needham	10:30-11:45am Foundations Bethany Peabody	12:00- 1:15pm Hatha Rissa Wray	9:00-10:15am Power Flow Katelyn Grady	10:00-11:30am SUP BEACH+ Dani Mae	10:00-11:30am SUP BEACH+ Dani Mae
5:30-6:45pm Hot Hatha Jenny Miller	6:00-7:15pm Power Flow Katelyn Grady	12:00-1:15pm Flow Down Andrea Behler	6:00-7:15pm Power Flow Tiffany Cantrell	12:00-1:15pm 50/50 (Power/Yin) Rachel Miller	10:30-11:30pm Restorative Meditation Di Tyssen <i>(by donation)</i>	10:00-11:30am Power Flow Rachel Miller
6:30-8:00pm Half Primary (Ashtanga) Linzi Cross	7:00-8:15pm Active Prenatal Flow Amy Faulkner	2:00-3:15pm Rocket Jessica Needham	7:15-8:30pm 50/50 (Power/Yin) Amanda Riker	3:30-4:45pm Flow Down Shila LaGrua	12:00-1:00pm Power Hour Amanda Riker	12:00-1:15pm Flow Down Amy Faulkner
7:15-8:30pm Hot 50/50 (Power/Yin) Jessica Needham	7:45-9:00pm Flow Down Shila LaGrua	5:30-6:45pm Hot 50/50 (Power/Yin) Andrea Behler	7:45-9:00pm Totally Restorative Brinda Chalnick	5:30-7:00pm Rocket Jessica Needham	1:30-3:00pm Acroyoga 101 Alix Emery and Zach Mills	4:00-5:15pm Power Flow Lisa Knaffla
		6:30-7:45pm Gentle Brinda Chalnick		6:00-7:15pm Soul Flow Jen DeBuhr		6:00-7:15pm Totally Restorative Lindsay Dixon / Dani M
		7:15-8:30pm Hot Flow Lisa Knaffla				

Yoga On Tap and Yoga Poolside Schedule:

First and Third Wednesdays, 6:00pm: Yoga On Tap at 3 Daughters Brewery. Power flow w/ live musicians. Stay for brews. 222 22nd St S, St Petersburg, FL 33712.
Second Sundays, 11:00am: Yoga On Tap at Green Bench Brew Co. Soul flow w/ live DJ. Family-friendly beer garden. 1133 Baum Ave N, St. Petersburg, FL 33705.
Last Sundays, 9:00am: Yoga On Tap at The Bikery. Flow down at The Bikery. Craft coffee, new & vintage bicycles. 2222 First Avenue S, St. Petersburg, FL 33712.
All Yogas on Tap are \$5 for BE unlimited members, or \$10, advance. \$15 at the door. Check Facebook or website for details and weather cancellations.

Acroyoga 101: Get the tools you need to safely experience the joys of partner yoga. You'll learn how to base, fly, and spot in a supportive and safe environment. We'll introduce partner drills, L-base poses and transitions, and counterbalances. No partner is needed.

Active Prenatal Flow: Our prenatal program balances exercise and relaxation, so you'll feel cleansed and revitalized. Amy's mission is to bring together active Moms, creating a community of women to share the rigors of pregnancy, mysteries of motherhood, and love of yoga.

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.

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, but can be appropriate for beginners in reasonably decent shape.

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: Be led through an abridged version of Ashtanga's Primary Series. Ashtanga yoga, as taught by Sri K. Pattabhi Jois of Mysore, India, combines deep, audible nostril breathing (ujjayi), bandhas (internal energy locks) and drishti (visual focal points) in specific sequences of asanas linked by breath. With continual practice you'll get stronger, more flexible, and more graceful in your body and mind.

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.

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. Your patience will be challenged and rewarded!

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. A Mysore class looks different from other yoga classes in that everyone is doing their own thing, and the only sound in the room is of deep breathing.

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.

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. Drishti, Bandha, and Mantra are incorporated, and Sanskrit count is used for pace. All levels are welcome.

SUP BEACH: Take your yoga or work 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. Saturdays launch is from Coffee Pot Park, and Sunday's is at Sunset Beach. Preregistration is required.

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. Physically, this class is similar to our 50/50 (Power/Yin) or Flown Down classes.

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.

ETCETERA

PRICES: \$14 DROP-INS, \$5 ON FRIDAYS, \$7 FOR YOGA TEACHERS. 10 CLASSES/\$120. ONE MONTH: \$70. AUTODEBIT MEMBERSHIP \$60/MO. ONE YEAR: \$600.

HOURS: OUR DESK IS STAFFED BEFORE AND AFTER CLASSES.

MATS/TOWELS/WATER ARE AVAILABLE FOR RENT.

***MYSORE:** ARRIVE ANY TIME BEFORE 7:30 TO BEGIN. NO CLASS ON NEW/FULL MOONS. CHECK THE ONLINE SCHEDULE.

(BY DONATION): RESTORATIVE MEDITATION AND SUNDAY MYSORE ARE OFFERED AND SUPPORTED BY DONATION

+ SUP CLASSES ARE PRICED SEPARATELY

Please plan to arrive early for classes. It takes time to park, check-in, and settle on to your mat. Doors are locked ten minutes after scheduled start time, and for certain classes no late-entry is permitted.

VERTICAL VENTURES

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>