

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