

### Unplug & Be Mindful Yoga May Schedule

Day	Time	Class	Teacher
<b>Sunday</b>			
	9:00am-10:15am	Vinyasa Flow (All levels)	Tricia Glynn
	4pm-5pm	Yoga for Youth Athletes	Melissa McKim
Ends 4/29	5:30pm-6:45pm	Yin Yoga	Melissa McKim
5/20,5/27,6/3,6/10	6:00pm-7:00pm	Meditation Series	Tricia Glynn
<b>Monday</b>			
	6:00am-7:00am	Vinyasa Flow (All Levels)	Tara McCarthy
	9:00am-10:15am	Hatha	Melissa McKim
	10:30am-11:30am	Pilates Yoga Fusion	Kelly Dwight
	5:45pm-6:45pm	Barre at the Wall	Marcella Heffron
	7:00pm-8:15pm	Stretch and Restorative Yoga	Tara McCarthy
<b>Tuesday</b>			
	9:00am-10:15am	Vinyasa Flow (All Levels)	Tricia Glynn
	10:30am-11:45am	Stretch and Restorative Yoga	Tricia Glynn
5/1-6/5	5:45pm-6:30pm	Prenatal/Postnatal Yoga	Angela O'Sullivan
	7:00pm-8:15pm	Vinyasa Flow	Kelly Dwight
<b>Wednesday</b>			
	9:15am-10:15am	Hatha Flow	Melissa McKim
	10:30am-11:30am	Pilates Yoga Fusion	Kelly Dwight
	4:00pm-5:15pm	Yoga 101	Linda Evans
	6:00pm-7:15pm	Stretch and Restorative Yoga	Kat Twigg
	7:30pm-8:30pm	Vinyasa Flow (All Levels)	Emily Radziwon
<b>Thursday</b>			
	9:00am-10:00am	Vinyasa Flow (All Levels)	Tricia Glynn
	10:30am-11:45am	Yin Yoga	Melissa McKim
Begins 5/3	7:00pm-8:30pm	Meditative Yin Yoga	Melissa McKim
<b>Friday</b>			
	7:00am-8:00am	Sunrise Yoga Flow	Tara McCarthy
	9:00am-10:00am	Vinyasa Flow (All Levels)	Tricia Glynn
	10:30am-11:30am	Pilates Yoga Fusion	Kelly Dwight
	6:00pm-7:15pm	Gentle Hatha and Yoga Nidra	Susanne Staples
<b>Saturday</b>			
	8:00am-9:15am	Yin Yan Fusion	Marcella Heffron
	9:30am-10:45am	Barre at the Wall	Marcella Heffron

Massage services are now available as well as Private/Semi Private Yoga Sessions and Reiki Sessions. Contact us for availability 339.526.9234 melissa@unplugyoga.com

## Yoga Pricing

### Adult Rates

- New Student Special- \$25 2 Weeks Unlimited Yoga
- Adult Drop In Rate \$15/class
- Adult 10 Class Pass \$110
- Adult One Month Unlimited Membership \$120
  - Monthly Members Receive 20% Off Workshops.
- Seniors and College Students Drop In \$10/class
- Seniors & College Students 10 Class Pass \$90
- Yoga for the Anxious Child \$15 for both parent/caregiver and 1 child.

### **Prenatal/Postnatal Yoga Series**

Tuesday evenings 5:30pm-6:45pm  
May 1st through June 5th. \$15 per class

Prenatal/ Postnatal Yoga is a safe and gentle way to exercise during all phases of pregnancy, including labor, birth, and postpartum. It increases confidence, strength & flexibility, improves balance & circulation, and helps with common discomforts throughout pregnancy and after.

In class we will utilize asanas, pranayama, meditation and relaxation techniques to cultivate a stronger sense of personal awareness, confidence, and serenity within. These classes are a great way to bond with your baby and other mothers in a non-judgmental community setting.

We encourage you to check with your doctor, midwife, or other healthcare professional to make sure it's okay for you to engage in any physical activity before attending classes.

Angela O'Sullivan is a 200hr RYT, Cert. OMBirths Prenatal Yoga Teacher, and trained Dancing for Birth Instructor. She is a Cert. Kids yoga teacher and teaches Family Yoga Classes.

### **Meditation Series (4 Weeks)**

Sundays May 20th, 27th, June 3rd & 10th  
6pm-7pm \$60 Full Series; \$52 Senior, Student or Veteran Rate  
\$18 Drop In; \$16 Drop In Senior, Student or Veteran Rate

In this series, we will work to establish a regular meditation practice. Each week we will explore different meditative focal points, using all of our senses to find the focal points that we have the strongest connections to. At the start of each session, we will discuss obstacles that may challenge our commitment to a daily practice. Working together we will create strategies to overcome these challenges. All participants will be asked to bring a journal. Your journal is for your eyes only. You will never be asked to share anything in it. By the end of the series, you will have a tool box (your journal) filled with all that you need to continue your daily practice on your own. Beginners are welcome. If you have experience with meditation but have not made the commitment to a daily practice, please join us. This workshop is also appropriate for anyone who may be interested in exploring new focal points.

## ***Class Descriptions***

### ***Delve Deep***

This is an hour and half practice for those looking to truly deepen their yoga practice. In this practice we will practice asana (movement), pranayama (breathwork), and mantra. In this practice we will also introduce mudras, bandhas, and kundalini kriyas to move energy. This class will be offered once a month. Each month we will learn a new mantra of which the students can spend 40 days chanting this mantra if it resonates with them. We will also teach you how to use a mala.

### ***Yoga 101, Gentle Yoga for Beginners***

If you are new to yoga, or coming back after an injury or long absence, this is the class for you. We will warm up with gentle stretching and breath work, explore both seated and standing asanas (poses), do some balancing, then wind down with more stretching and a final rest/meditation. Modifications will be offered to make poses accessible to students. There is no hurry or judgment in this class. You can't go wrong with yoga. Come learn about this ancient practice of combining body, mind and soul and how it can make you stronger, physically and spiritually.

### ***Stretch and Restore***

A gentle stretching class with restorative yoga breaks. In this class we will use props and hands on assistance to find comfort in every posture on the mat. Breathing techniques will be used to deepen our stretches naturally using the rhythm of our breath to find release in the muscles. Meditation techniques will be offered in restorative postures allowing both the mind and body to rest.

### ***Yoga for the Anxious Child Ages 7 and Up with Parent/Caregiver***

This class is for anxious children and their caregivers. If your child is like mine, then your child is more comfortable amongst other adults and YOU than in an all kids class. In this class the parent and child will be able to learn yoga and mindfulness tools together to activate the parasympathetic nervous system.

### ***Barre at the Wall***

In this class, Marcela Heffron, certified Barre, Yoga and Pilates instructor will focus on a combination of the three including using ballet moves, light weights for arm work and using the wall to tone those legs!

### ***Pilates Yoga Fusion***

This class will consist of the core strengthening of Pilates with the flexibility and mindfulness of yoga. This class will be a 'flow' format making this combination a natural partnership. Modifications will be provided, making this class ALL LEVELS. For those of you unfamiliar with Pilates, simply stated, it's focus is on lengthening and strengthening abdominals, low back, hips, and glutes (CORE muscles!), although it also engages and tones all muscles.

### ***Core and Glutes Flow***

This practice will focus on building core, digestive fire and glute strength throughout a vinyasa flow.

***Hatha Flow*** In this practice, we will use the body to access the breath and the breath to access the mind. We will be moving in this class in an organized fashion with the goal being an energetic result. Expect to be challenged and work more with the breath (pranayama). If chaturanga is foreign to you or not your preferences this class is perfect for you. This class is perfect for those with a dominant Pitta dosha who need to slow down their practice but still feel like they are building heat, strengthening their bodies and increasing flexibility.

### ***Gentle Hatha Flow***

Hatha is derived from 2 Sanskrit words: 'Ha' meaning sun and 'Tha' meaning moon, the unity of the universe. This class will consist of asana (postures) performed in a gentle slow moving fashion. This class is perfect for beginners to advanced practitioners looking to slow down and refine their postures.

***Yoga Nidra*** ('yoga sleep') is an effortless practice where the student rests in savasana while guided through a 61 point meditation. The student remains fully conscious during the practice but will feel as if they have slept and awoken fully rested. Yoga Nidra can be practiced by anyone and at any time.

## **Yin- All Levels/Great for Athletes**

In this practice, we will use Yin poses, held for 3-5 minutes each, to focus on connective tissue, ligaments, joints in a gentle Yin fashion. The main difference between this practice and a traditional Yan practice (think Vinyasa, Hatha, Power Yoga) is that we are not trying to use muscle. This practice also allows the practitioner to just 'be' with oneself and all the sensations that arise in the physical, emotional and spiritual body. Learn how to use the breath to release tension in the body. Yin can also be called Meridian Yoga in that we apply pressure to meridian lines of the body, allowing Qi (chi) to flow.

## **Meditative Yin Yoga**

This is a 1.5 hour Yin class consisting of Yin poses, savasana followed by pranayama and guided meditation, yoga nidra or a mantra practice.

## **Yinyasa (yin/yan fusion)- All Levels**

This class combines deep stretching and poses held for 3-5 minutes (yin) with flowing sequences, standing and balance poses (yan). Yin is a slower and cooler practice, but not necessarily an easier practice. Yin poses tap below the muscles and into the body's connective tissues, increasing flexibility and allowing the mind to slow down and the body to be still. Yan poses and flows build heat in the body, bring focus to the mind and help to improve posture, balance, core strength, and stamina. Both practices complement each other. Modifications and props will be offered for beginners.

## **All Levels Vinyasa Flow**

In this practice, we will focus on moving through the poses (asanas) fluidly in a wise progression. Expect to build some heat, increase flexibility and muscle strength.