

Unplug & Be Mindful Yoga Summer Schedule Beginning June 25-July 21st

Day	Time	Class	Teacher
Sunday			
	9:00am-10:15am	Vinyasa Flow (All levels)	Tricia Glynn
	Evening Workshops/Special Classes		
Monday			
	6:00am-7:00am	Vinyasa Flow (All Levels)	Tara McCarthy
New Class	8:00am-9:00am	Core & Glutes Flow	Melissa McKim
New Class	9:15am-10:15am	Yoga and Mindfulness Youth Athletes (Ages 12+)	
	10:30am-11:45am	Pilates Yoga Fusion	Kelly Dwight
New Time	6:00pm-7:00pm	Barre at the Wall	Marcella H.
New Time	7:15pm-8:30pm	Stretch and Restorative Yoga	Tara McCarthy
Tuesday			
	9:00am-10:15am	Vinyasa Flow (All Levels)	Tricia Glynn
	10:30am-11:45am	Stretch and Restorative Yoga	Tricia Glynn
	5:30pm-6:45pm	Prenatal Yoga	Angela O.
	7:00pm-8:15pm	Vinyasa Flow	Amber Gregory
Wednesday			
New Class	8:00am-9:00am	Yin Yan Fusion Flow	Linda Evans
	9:15am-10:15am	Strength Building Hatha	Melissa McKim
	10:30am-11:30am	Pilates Yoga Fusion	Kelly Dwight
	6:00pm-7:15pm	Stretch and Restorative Yoga	Kat Twigg
	7:30pm-8:30pm	Vinyasa Flow (All Levels)	Emily Radziwon
Thursday			
New Time	8:30am-9:45am	Vinyasa Flow (All Levels)	Tricia Glynn
New Time	10:00am-11:15am	Yin Yoga	Melissa McKim
New Class	11:30am-12:30am	Yoga and Mindfulness For Youth Athletes (Ages 7-11)	Melissa McKim
New Class	6:00pm-7:00pm	Zumba	Justine H.
New Time	7:15pm-8:30pm	Yin Yoga	Melissa McKim
Friday			
	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
	Evening Workshops and Special Classes/ Chi Flow		
Saturday			
	8:00am-9:15am	Yin Yan Fusion	Marcella H.
	9:30am-10:45am	Barre at the Wall	Marcella H.

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

- Beach Yoga Drop In \$15/Class; \$12 Senior Drop In (Class Passes Accepted)
- 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 Yoga

Tuesday evenings 5:30pm-6:45pm
\$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.

Unplug Beach Yoga

Where: Rexhame Beach (First walkway on the right- beachside)

When: (June-September): Weather Permitting

June Dates: Weekends 8am-9am

9th, 10th, 16th, 17th, 30th

Cost: Sign up online at unplugyoga.com (MindBody) or drop in \$15/class

Parking available with Marshfield Beach Parking Pass. Otherwise parking is \$1

Practicing yoga surrounded by the elements has many benefits; the sand (earth) is grounding, the sound of ocean (water) promotes tranquility and the air by the ocean contains negative ions which allows more oxygen to enter the brain. Join me on Rexhame beach for an all levels yoga practice.

Please bring a mat and/or towel, sunscreen, sunglasses and water.

Weather permitting. Check FB page or Google for updates.

Class Descriptions

Chi Flow

This class combines Yoga, Qi Gong and Meridian Flow. In this practice we will use the ancient wisdom of yoga, traditional Chinese medicine and other forms of moving energy through the body. Expect to build strength in the physical body as well as clearing blockages in the subtle energy body.

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. This class is offered on Saturdays at 2pm twice a month.

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 flow.

Strength Building Hatha (All Levels)

In this class expect to be challenged, increase strength and flexibility and work with the breath (pranayama). This class is perfect for those who are looking to slow down their practice but still be challenged and build heat.

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.

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.