

# YOGA CENTER of Minneapolis

## Ongoing Class Schedule

### LEVEL of EXPERIENCE




**P:** Pre-registration required for beginner sessions. Register online or call 612.436.4700.

**Level 1/2:** For those who have some yoga experience and are still working on gaining flexibility and need help learning how to modify poses for their bodies.

**Level 2:** For intermediates - has yoga experience and is ready for more challenging poses, pace, and concepts. Knows how to and willingly modifies poses to suit their experience level and comfort.

**Level 2/3:** For yogis who are intermediates and up who are able to safely work into backbends & inversions such as Bridge Pose and Headstand.

### SWEAT FACTOR

- ~ No intensity, no sweating
-  Moderate pace with many rests
-  Moderate to sustained pace, fewer rests
-  Sustained sequence building substantial body heat

### DROP-IN PASSES

Use at either Studio. All passes expire 3 months from date of purchase, unless you are a member of YCM.

- Single Class: \$16 (students/seniors = \$12.50)
- 4 Class Pass: \$60
  - 6 Class Pass: \$90
  - 12 Class Pass: \$159
  - 24 Class Pass: \$288
  - 36 Class Pass: \$396

**Yogi Stimulus Pass:** 8 classes for \$88, (1-month expiration, membership not applicable)

**1-MONTH UNLIMITED:**  
\$165 (membership not applicable)

**3-MONTH UNLIMITED:**  
\$389 (membership not applicable)

SCHEDULE UPDATED: 10/28/2009  
Schedule subject to change; see web for updates.

## MINNEAPOLIS Studio

212 3rd Ave. N. Suite 205  
Minneapolis, MN 55401

 **612.436.4700**  
www.yogacentermpls.com

## MINNEAPOLIS STUDIO

Day	Time	Level	Class	Teacher
<b>MONDAY</b>	12:00-1:15pm	1/2	Hatha	Thea
	5:00-6:00pm	1/2	Hatha	JoMary
	6:15-7:30pm	P	Beginning Hatha (3/29-5/3)	Jen G
	6:00-9:00pm		Yoga Study Teacher Training™	YCM Staff
	7:30-9:00pm		Yoga Study Tech™ for YS Students and Grads	YCM Staff
<b>TUESDAY</b>	12:00-1:00pm	All	Vinyasa	Linda
	6:00-7:15pm	All	J.A.I. Prenatal Yoga	Kristi
	6:00-7:15pm	All	Slow Flow	Kevin
	7:30-8:45pm	1/2	Yoga for Flexibility	Jenn D
	7:30-8:45pm	P	Absolute Beginner Class Series**	Deirdre
<b>WEDNESDAY</b>	12:00-1:00pm	2	Yoga for Flexibility	Una
	6:00-7:15pm	All	Anusara™	Chris G
	6:00-7:15pm	P	Absolute Beginner Class Series**	Jen G
	7:30-8:45pm	1/2	Hatha	Jenn D
	7:30-8:45pm	P	Beginning Hatha (4/7 - 5/12)	Chris G
<b>THURSDAY</b>	12:00-1:15pm	1	Yoga for Back Strength	Sarah K
	5:00-6:00pm	1/2	Vinyasa	Chelsea
	6:00-7:15pm	2/3	Jivamukti™	Rachel H
	6:00-7:15pm	2	Big A#! Yoga™	Staff
	7:30-9:00pm	P	Yoga Study Tech™ for YS Students and Grads	YCM Staff
	7:30-8:45pm	P	Beg. Big A#! Yoga™ (4/1-5/6)	Staff
<b>FRIDAY</b>	12:00-1:15pm	1/2	Hatha/Yin Yoga	Thea
<b>SATURDAY</b>	8:00-9:15am	1/2	Vinyasa	Dena
	9:00-10:15am	2	Big A#! Yoga™	Ann
	10:30-11:45am	All	J.A.I. Prenatal Yoga	Kristi
	9:30-10:30am	P	Absolute Beginner Class Series™ **	Dena
	10:30-11:45am	P	Beg. Big A#! Yoga™ (4/3-5/8)	Ann
<b>SUNDAY</b>	9:45-11:15am	1/2	Hatha	Deirdre
	9:45-11:15am	2/3	Jivamukti™	Rachel H
	11:30-12:45pm	P	Beginning Hatha (4/11-5/26)	Deirdre
	11:30-12:55pm		Yoga Study Tech for YS Students and Grads	YS Staff
	1:00-5:00pm	~	Yoga Study Teacher Training™	YS Staff

### Absolute Beginner Class Series™ 4-week series: \$45

Day	Time	Series	Date Options	Teacher
Monday	7:15-8:30pm	SLP	(3/8-3/29) or (4/5-4/26)	Jenn D
Tuesday	7:30-8:45pm	MPLS	(3/16-4/6) or (4/13-5/4)	Deirdre
Wednesday	6:00-7:15pm	MPLS	(3/24-4/14)	Staff
Thursday	11:30-12:45pm	SLP	(3/11-4/1) or (4/8-4/29)	Ronna
Saturday	9:30-10:30am	MPLS	(3/13-4/3)	Dena
Sunday	4:00-5:00pm	SLP	(3/14-4/11)	Tara

The Absolute Beginner Class Series meets once each week for 4 weeks, and is for those new to yoga. This class will provide you with the tools to get started: yoga classes, fundamentals of yoga asana (poses), pranayama (breath work), and answers to your questions on the various forms of yoga or your personal practice. At the end of the four-weeks, you will have the opportunity to consult with your instructor about personal goals and choose the next yoga class(es) that will move you toward these goals.

**Absolute Beginner Class Series requires pre-registration and payment. Call 612.436.4700 to register.** If you cancel more than 24 hours prior to the beginning of the series, your payment is transferred to a studio credit that you can use for any Yoga Center product or service with no expiration date. If you cancel less than 24 hours prior to the beginning of the series, you forfeit your payment.

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🔥🔥 Moderate to sustained pace, fewer rests

🔥🔥🔥 Sustained sequence building substantial body heat

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SCHEDULE UPDATED: 9/7/2009

Schedule subject to change; see web for updates.

## ST. LOUIS PARK Studio

4200 Minnetonka Blvd.

St. Louis Park, MN 55416

## ST. LOUIS PARK STUDIO

### MONDAY

9:30-11:00am  
9:30-11:00am  
10:30-11:30pm  
11:30-12:00pm  
11:15-12:15pm  
5:45-7:00pm  
6:00-7:30pm  
6:00-7:15pm  
7:15-8:30pm  
7:30-8:45pm

### SF

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### Level Class

2 Kriya  
2/3 Vinyasa  
1/2 Slow Flow -Stay for Restorative for free  
All Restorative  
All Yoga Bonding Postnatal®  
2/3 Vinyasa  
2/3 Ashtanga Primary Series (Starts April 5th)  
2 Anusara®  
P Absolute Beginner Class Series™\*\*  
1/2 Hatha

### Teacher

Lisa Berg  
Betsy  
Rachel A  
Rachel A  
Lisa Berg  
Jenn D  
Lynn  
Chris G  
Jenn D  
Chris G

### TUESDAY

6:00-7:00am  
9:30-11:00am  
10:00-11:15am  
11:15-12:15pm  
1:00-2:15pm  
4:45-5:45pm  
6:00-7:10pm  
6:00-7:15pm  
7:15-8:30pm  
7:30-8:45pm

### SF

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All Vinyasa  
2/3 Mi-an Yoga  
P Beginning Big A#%! Yoga™ (2/23-3/30)  
All Restorative Yoga  
1/2 Hatha  
2/3 Vinyasa  
All Slow Flow  
2 Unnata™ Aerial Yoga  
1/2 Vinyasa  
P Unnata™ Aerial Fundamentals (4/13-5/4)

Maria  
Monique  
Jen G  
Coleen  
Sarah K  
Holly  
Naomi  
Becky  
Naomi  
Becky

### WEDNESDAY

8:00-9:15am  
9:30-11:00am  
9:30-10:45am  
11:15-12:15pm  
11:15-12:30pm  
4:30-5:45pm  
6:00-7:15pm  
6:00-7:25pm  
6:00-8:00pm  
7:30-8:45pm  
7:30-8:45pm

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1/2 Vinyasa  
All Anusara  
2/3 Vinyasa  
All Yoga Bonding Postnatal®  
1/2 Hatha  
P Beginning Hatha (4/7-5/12)  
2 Vinyasa  
1/2 Hatha  
All Mysore Style Ashtanga  
1/2 Yin Yoga & Meditation  
1/2 Hatha

Susan  
Chris G  
Lisa Bel  
Betsy S  
Jen G  
Tara  
Ted  
Tara  
Lynn  
Tara  
Ted

### THURSDAY

6:00-7:00am  
8:00-9:15am  
9:30-10:45am  
9:30-11:00am  
9:45-10:45am  
11:00-12:15pm  
11:30-12:45pm  
1:00-2:15pm  
4:45-5:45pm  
5:00-6:00pm  
6:00-7:15pm  
6:00-7:10pm  
7:15-8:30pm  
7:30-8:45pm

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All Vinyasa  
2 Slow Flow  
All Restore & Renew  
2/3 Vinyasa  
P Beginning Hatha (2/24-4/1)  
P Kriya Flow  
P Absolute Beginner Class Series™\*\*  
All Anusara®  
2/3 Vinyasa  
1 Preteen Yoga 8-12  
1/2 Vinyasa  
All J.A.I. Prenatal Yoga™  
P Beginning Ashtanga (2/25-4/1)  
1/2 Hatha

Maria  
Laura  
Coleen  
Betsy  
Lisa Berg  
Lisa Berg  
Ronna  
Ronna  
Holly  
Betsy S  
Amanda  
Moya  
Moya  
Amanda

### FRIDAY

8:00-9:15am  
9:30-11:00am  
9:45-11:00am  
10:30-11:45am  
11:15-12:15pm  
12:15-12:45pm  
3:30-4:45pm  
6:00-7:15pm  
6:30-7:45pm

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1/2 Vinyasa  
2/3 Mi-an Yoga  
1/2 Vinyasa  
P Big A#%! Yoga™ Level 1/2 (4/6-5/11)  
1/2 Slow Flow -Stay for Restorative for free  
All Restorative  
1/2 Shiatsu Yoga  
2 Hatha Yoga Donation Class (see dates online)  
1/2 Twilight Yoga™

Susan  
Monique  
Holly  
Jen G  
Jessie  
Jessie  
Paul C  
YS Trainees  
Aleeah

### SATURDAY

8:00-9:30am  
9:00-10:15am  
10:00-11:15am  
10:30-11:45am  
11:30-12:45pm  
12:00-1:15pm  
3:30-4:45pm

### SF

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2/3 Ashtanga Primary Series  
1/2 Hatha  
2/3 Vinyasa  
All J.A.I. Prenatal (Restorative)  
1/2 Slow Flow  
All Restore & Renew  
1/2 Vinyasa

Holly  
Moya  
Naomi  
Coleen  
Ted  
Coleen  
Una

### SUNDAY

9:00-10:15am  
9:30-11:00am  
10:30-11:45am  
11:15-12:30pm  
11:30-12:45pm  
4:00-5:00pm  
5:15-6:30pm  
5:30-6:45pm  
6:30-7:45pm

### SF

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1/2 Hatha  
2/3 Ashtanga Primary Series  
1/2 Vinyasa  
P Beginning Ashtanga (3/7-4/11)  
2/3 Urban Flow  
P Absolute Beginner Class Series\*\*  
1 Yin Yoga & Restorative  
1/2 Hatha  
All Meditation, Chanting & Pranayama

Jen G  
Susan  
Lynn  
Susan  
Moya  
Tara  
Tara  
Amanda  
Tara