

Class descriptions

YOGA DELIGHT: A **slow, therapeutic** approach to Yoga focusing on safely exploring areas commonly affected by stress, tension, and strain. Each class will incorporate gentle movement, **restorative postures**, and relaxation. This class is suited for anyone who wants increased comfort in the body and calm in the mind. You'll be delighted you came!

DYNAMIC FLOW: An **energetic, active practice** emphasizing the linking of breath with postures to create an intelligent vinyasa flow. Building heat from within through continuous movement, this class will purify toxins in a healthy way, strengthen and stretch the body and leave you feeling refreshed and inspired. Yoga experience is recommended.

YIN YOGA + REIKI: Using slow deep stretches on the floor, we open and stimulate core connective tissue, **relieve tension in the joints** encouraging a lasting sense of physical release. With the addition of Reiki, a hands-on energy healing, this class will ease tension and prepare you for a restful night's sleep.

YOGA STRETCH + RELEASE: The perfect class to balance your active lifestyle. This class will release tension throughout the body using a variety of **yoga techniques with therapeutic balls**. Stretching helps increase blood flow, which can result in greater heart health, mood elevation, as well as reduce your susceptibility to injury and pain. Balls are available for rent and sold in the studio boutique for your convenience.

RESTORATIVE YOGA + REIKI: Restorative Yoga is a gentle style of yoga that encourages conscious relaxation and elicits the parasympathetic nervous system. This state of **deep relaxation** not only alleviates stress but also strengthens the immune system while generating serenity and peace of mind. This class includes the nurturing, relaxing and healing touch of Reiki.

\$5 CHAIR YOGA: Chair Yoga is for anyone looking for a **low intensity** yet satisfying yoga class. All poses are taught using a chair.

To ensure an enjoyable practice for all: Please be 5 minutes early to class. Turn off your cell phone, Practice cleanliness (shaucha) and do not wear heavy perfumes or scents. Speak quietly in the lobby when a class is in session.

PRICING

New Student Offer: 30 days unlimited yoga for \$40

Drop-in: \$17

Class Series: 5 for \$70; 10 for \$130; 20 for \$240

Monthly Membership: \$110 monthly unlimited yoga

Mat Rentals: \$2

Drop-in for Teens (12-19): \$5

For more information visit: www.YogaOceanside.com

Yoga Oceanside

daily class schedule

DECEMBER 2017

SUNDAY	9:00am-10:15am	Dynamic Flow	Danielle
	10:30am-11:45am	Yoga Delight	Danielle
	6:30pm-7:45pm	Yoga Delight	Vusala
MONDAY	CLOSED for special events, workshops and private sessions.		
TUESDAY	9:00am-10:15am	Dynamic Flow	Sarah
	10:30am-11:45am	Yoga Stretch + Release	Leslie
	12:00pm-1:00pm	\$5 Chair Yoga	Leslie
	4:00pm-5:15pm	Dynamic Flow	Sarah
	5:30pm-6:45pm	Dynamic Flow	Geanette
WEDNESDAY	7:00pm-8:00pm	Yin Yoga + Reiki	Melanie
	9:00am-10:15am	Dynamic Flow	Danielle
	10:30am-11:45am	Yoga Delight	Danielle
THURSDAY	5:30pm-6:45pm	Dynamic Flow	Melanie
	7:00pm-8:15pm	Restorative Yoga + Reiki	Geanette
	9:00am-10:15am	Dynamic Flow	Leslie
	10:30am-11:45am	Yoga Delight	Denny
FRIDAY	12:00pm-1:00pm	Restorative Yoga + Reiki	Katie
	5:30pm-6:45pm	Yoga Stretch + Release	Leslie
	7:00pm-8:00pm	Yin Yoga + Reiki	Gale
	7:30am-8:30am	Dynamic Flow	Maria
	9:00am-10:15am	Yoga Delight	Danielle
SATURDAY	10:30am-11:45am	Dynamic Flow	Sarah
	9:00am-10:15am	Dynamic Flow	Melanie
	10:30am-11:45am	Yin Yoga + Reiki	Melanie

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760-722-YOGA (9642)