



JOYFUL YOGA & SPA

Bringing Yoga Joy to SW Florida for over 10 years!

May 2015 Class Schedule

3405 Pelican Landing Pkwy • Bonita Springs, FL 34134

239.947.9845 • www.JoyfulYoga.com

MONDAY

8:00 - 9:00 am
Mellow Morning Flow
Alicia Simmons

9:00 - 10:00 am
Empower Hour
Carly Dennis

9:30 - 10:45 am
Yoga Basics & Yoga Nidra
Jacqueline Chiodo

10:30 - 11:45 am
Intermediate Yoga & Meditation
Marti Dowman

12:00 - 1:00 pm
Joyful Flow
Stephanie Brinkerhoff

4:30 - 5:45 pm
Yin Yoga
Lynda Artesani

5:30 - 6:45 pm
Detox Vinyasa Flow
Sarah Winner

6:00 - 7:15 pm
Yoga Basics
Joyce Sharp

TUESDAY

7:30 - 8:30 am
Mellow Morning Flow
Amy Hutto

8:30 - 9:45 am
Hatha Yoga
Howard Martin

9:00 - 10:15 am
Intermediate Yoga & Meditation
Emily Chiodo

10:15 - 11:15 am
Empower Hour
Carly Dennis

10:45 - 12:00 pm
Gentle Yoga
Tess Chiodo

3:30 - 4:45 pm
Yoga for Tennis
Andrea Trank

4:30 - 5:45 pm
Yin Yoga
Joy Volkan

5:30 - 6:45 PM
Intermediate Yoga & Meditation
Heather Olson

6:00 - 7:15 pm
Restorative Yoga
Nancy Nevison

WEDNESDAY

8:00 - 9:00 am
Mellow Morning Flow
Marti Dowman

9:00 - 10:00 am
Empower Hour
Aja Reeser

9:30 - 10:45 am
Yoga Basics
Tess Chiodo

10:30 - 11:45 am
Intermediate Yoga & Meditation
Emily Chiodo

4:30 - 5:45 pm
Joyful Mellow Flow
Ameiy Williams

5:30 - 6:45 pm
Detox Vinyasa Flow
Alicia Simmons

6:00 - 7:15 pm
Yoga Basics
Karyl Walter

THURSDAY

7:30 - 8:30 am
Mellow Morning Flow
Amy Hutto

8:30 - 9:45 am
Restorative Yoga
Nancy Nevison

9:00 - 10:15 am
Chakra Yoga Flow
Jacqueline Chiodo

10:15 - 11:15 am
Empower Hour
Carly Dennis

10:45 - 12:00 pm
Gentle Yoga
Tess Chiodo

4:30 - 5:45 pm
Yin Yoga
Stephanie Brinkerhoff

5:30 - 6:45 PM
Intermediate Yoga & Meditation
Caprice Woodburn

6:00 - 7:15 pm
Restorative Yoga
Stephanie Brinkerhoff

FRIDAY

8:00 - 9:00 am
Mellow Morning Flow
Marti Dowman

9:00 - 10:00 am
Slow Burn Power Yoga
Howard Martin

9:30 - 10:45 am
Yoga Basics & Yoga Nidra
Jacqueline Chiodo

10:30 - 11:45 am
Intermediate Yoga & Meditation
Carly Dennis

4:00 - 5:00 pm
Intro to Meditation*
Tess Chiodo

4:30 - 5:45 pm
Yoga Basics
Stacy Laufer

SATURDAY

8:30 - 9:45 am
Yoga Basics
Susan Weinman

9:00 - 10:15 am
Intermediate Yoga & Meditation
Jacqueline Chiodo

10:45 - 12:00 pm
Gentle Yoga
Marti Dowman

12:30 - 1:30 pm
Community Class
JY Staff

SUNDAY

8:00 - 9:00 am
Joyful Flow
Joyce Sharp

9:30 - 11:00 am
Quantum Asana
Tess Chiodo

11:30 - 12:45 am
Gentle Yoga
Karyl Walter

5:00 - 6:15 pm
Rock Your Asana
Kristin Jeannin

*Intro to Meditation is only held on Friday, May 1st.

Primordial Sound Mantra Meditation Training with Tess Chiodo

Know deeper peace, enjoy greater freedom and mastery of life. Learn PSM meditation!

Session 1: May 23rd, 1 - 2:30 pm

Session 2: May 23rd, 2:30 - 6:30 pm

Session 3: May 24th, 1 - 3:30 pm

Session 4: May 24th, 3:30 - 4:30 pm

Contact the studio (947-9845) for more de-

CLASS PRICING:

1 Class.....	\$20 (\$10/student ID)	1 Month Unlimited.....	\$160
5 Class Pack*.....	\$85	3 Month Unlimited.....	\$450
10 Class Pack*.....	\$150	6 Month Unlimited.....	\$810
20 Class Pack*.....	\$280	Annual Class Pass.....	\$1368
30 Class Pack*.....	\$390	Monthly Unlimited (Auto)...	\$140
75-min Private Session....	\$100	(6 mo. Minimum)	

* Class Packages expire 12 months after purchase

CLASS OFFERINGS:

Yoga Basics / Quantum Asana This is a class with full descriptions of poses. It moves more slowly than the Flow, offering the same full-body approach and sequence. This is great for those that need to become more familiar with the basics of Yoga.

Chakra Yoga Flow Each week this Intermediate class will focus on 1 of the 7 Chakras with Asana, Breath work, Mantra and Mudra.

Detox Vinyasa Flow Some like it...Warm! A heated Level 2 class that will guarantee a good wringing out and a great time. Uplifting music and creative sequencing make this a weekly event not to miss! Take the detox challenge and see if you can make it to eight consecutive classes to see a distinct change in your body & mind. Please bring a towel and water.

Empower Hour Formatted to an hour for those who want their yoga quick but challenging. Class will include sun salutes, balancing poses, backbends, core-strengthening, hip opening and inversions. Some modifications.

Gentle Joyful Yoga A special class for those who are working with health challenges. It allows you to focus the mind on your intention and to awaken that intention within the body. With practice, you will transform dis-ease into ease and stability, resulting in greater health and well-being. Gentle Yoga is for every body!

Hatha Yoga This class offers traditional yoga postures with a focus on body awareness, breathing and meditation. Students work at their own level to build strength, flexibility and concentration. Good for all levels.

Intermediate Yoga & Meditation Intermediate integrated practice incorporates Ayurveda principles to balance your body and mind, breathing techniques, and meditation and/or crystal bowl sound therapy!

Intro to Meditation Learn the basics of the science of meditation and how it changes the body/mind in this free introductory class, then join the Joyful Yoga community in a silent 30-minute meditation. Donations to our nonprofit gratefully accepted.

Joyful Flow / Mellow Flow An integrated approach to Yoga, aligning the movement of the body with the flow of the breath using the wisdom of Ayurveda to create a balanced sequence of postures, breathing techniques and meditation. Modifications are offered. **Flow** is slightly more active than **Mellow Flow**.

Restorative Yoga Give yourself the treat of surrender. This gentle class is designed to help balance and restore energy at the physical, emotional and spiritual level incorporating crystal bowl sound therapy. Experience healing from the inside out and tune in to the higher vibration of you! Perfect for all levels.

Rock Your Asana A Level 2 Flow to the sounds of rock, pop, soul, jazz, reggae, hip-hop and chill electronica. Laugh and experience a whole new way to practice as you set your mind free to the music and allow your body to move to the groove. It's called *enlightenment!*

Yin Yoga Passive poses are held 3-6 minutes to release connective tissue holding patterns in the body. Main focus is on hips and lower back. Meditation and pranayama balance the mind and breath, creating a connection to the body from deep within. Crystal bowls may be played to further add to deep relaxation.

Yoga for Tennis This class is designed specifically for tennis players and other athletes including golfers and runners. Emphasis on breathing, concentrated focus and balance to enhance athletic performance. Learn how to care for sensitive shoulders, wrists and knees with props and modifications. Appropriate for all levels (no yoga experience necessary).

MAY EVENTS:

Teaching Yoga to Kids with Aja Reiser

Friday, May 8: 6:30-8:30 pm

Learn about how the symptoms of stress show up in children, what to expect from different age groups, and how to theme and structure a kid's yoga class in a way that is fun, engaging, and beneficial. We will laugh, sing, dance, and play, all while learning how to share yoga with kids.

Open to all Registered Yoga Teachers. Two CEU's available through Yoga Alliance. \$25

Intro to Yoga Teacher Training with Marti Dowman

Saturday, May 9: 2:00-3:00 pm

If you are considering becoming a yoga instructor or want to take your practice to a deeper level, our comprehensive 200 hour foundational training may be the perfect fit!

Join us for this free introductory session to learn about the program content and requirements. Marti will guide you through what you can expect during the training weekends and self-study activities between training modules. There will be a question & answer session to help you decide if you are ready to commit to this transformational training.

This event is designed to build confidence and comfort for students of all levels that are considering the 200-hour training. Becoming a teacher is not dependent on how many tricked-out poses you can master, but the intention and authenticity that support your practice. It is recommended that students have a continuous year of yoga practice prior to training.

Free for all interested

200-Hour Yoga Teacher Training

Dates:

Jun 19-21 / 27-28 • Jul 10-12 / 24-26 • Aug 7-9 / 21-23 • Sep 4-6 / 18-20 • Oct 9-11 / 23-25 • Nov 6-8

Price:

\$3995 paid in full by June 19 (**Early Discount of \$300 if paid by May 15** = \$3695)

OR Pay by Module: \$475 deposit (applicable to final module) and \$475 per module (autopay with CC on file). No refunds

Includes Primordial Sound Meditation/Mantra with Tess (\$395 value)

(Books not included with pricing, but you will receive unlimited yoga classes for the duration of the program.)

This Yoga Alliance accredited training will deepen your understanding of the experiential science of yoga and offer the opportunity for greater insight of self. Gain the skill and knowledge to share your love of yoga through the teaching path or simply open to transformation and deepen your practice. Completion of the program will allow you to register with Yoga Alliance as an RYT200.

It takes courage and commitment to explore the truth of who you are and why you are here. This program will encourage you to study yourself in a whole new way, and contained within that self-discovery is a world full of possibility and expansion.

Are you ready to step into the fullness of you?