



JOYFUL YOGA & SPA

Bringing Yoga Joy to SW Florida for over 10 years!

February 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
Tess Chiodo

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

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

12:30 - 2:00 pm
Kundalini Yoga
Margaret Trezza

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
Susan Weinman

TUESDAY

6:30 - 7:30 am
Sunrise Salutations
Joyce Sharp

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

5:00 - 6:15 pm
Yoga Basics
Aja Reeser

6:00 - 7:15 pm
Intermediate Yoga & Meditation
Heather Olson

6:30 - 7:45 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

12:00 - 1:00 pm
Joyful Flow
Alicia Simmons

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

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

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

THURSDAY

6:30 - 7:30 am
Sunrise Salutations
Joyce Sharp

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
Joy Volkan

5:00 - 6:15 pm
Yoga Basics
Stephanie Brinkerhoff

6:00 - 7:15 pm
Intermediate Yoga & Meditation
Caprice Woodburn

6:30 - 7:45 PM
Restorative Yoga
Stacy Laufer

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
Basic Yoga & Yoga Nidra
Jacqueline Chiodo

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

12:00 - 1:00 pm
Joyful Flow
Amy Hutto

4:00 - 4:30 pm
Intro to Meditation*
Tess Chiodo

4:30 - 5:00 pm
Open Meditation*

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

SATURDAY

8:00 - 9:00 am
Empower Hour
Joyce Sharp

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

9:30 - 10:45 am
Gentle Yoga**
Marti Dowman

10:15 - 11:30 am
Intermediate Yoga & Meditation
Jacqueline Chiodo

12:00 - 1:00 pm
Community Class
JY Staff

SUNDAY

8:00 - 9:00 am
Joyful Flow
Marti Dowman

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

* Only held on February 6th.
** Only held on February 14th and 28th.

Primordial Sound Mantra Meditation Training with Tess Chiodo
Know deeper peace, enjoy greater freedom and mastery of life. Learn PSM meditation!
Session 1: February 14th, 1 - 2:30 pm
Session 2: February 14th, 2:30 - 6:30 pm
Session 3: February 15th, 1 - 3:30 pm
Session 4: February 15th, 3:30 - 4:30 pm
Contact the studio (947-9845) for more details!

CLASS PRICING:

1 Class.....	\$20 (\$10/student ID)
5 Class Pack*.....	\$85
10 Class Pack*.....	\$150
20 Class Pack*.....	\$280
30 Class Pack*.....	\$390
75-min Private Session.....	\$100

* Class Packages expire 12 months after purchase

1 Month Unlimited.....	\$160
3 Month Unlimited.....	\$450
6 Month Unlimited.....	\$810
Annual Class Pass.....	\$1368
Monthly Unlimited (Auto)....	\$140 (6 mo. Minimum)

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 / Power Lunch 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 / Silent 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**.

Kundalini Yoga & Meditation (as taught by Yogi Bhajan) This class incorporates breath work (pranayama), exercise sequences (Kriyas), Sanskrit mantras and beautiful musical mantras, mudras, and meditation. In combination, these work together to help bring balance and intuition to the energy of the mind and emotions, resulting in inner and outer happiness, creativity, and well-being. For all levels.

Level 2 Flow Build heat and strength with this intermediate to advanced level class. Focus is on physical power, emphasizing detoxification & core strength. Some modifications given. Yoga experience suggested.

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!*

Sunrise Salutations A challenging Level 2 Vinyasa Flow class focusing on core work, building heat and detoxification. Some modifications are offered, but previous yoga experience suggested.

Slow Burn Power Yoga Build of heat in this intermediate/advanced one hour power class favoring longer holds and repetitions over speed. May include inversions and arm balances. Previous yoga experience is recommended.

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. There will be special emphasis on breathing, concentrated focus and balance to enhance athletic performance. Specifically chosen asanas (postures) will work to strengthen muscles used in sport as well as safe lengthening of muscles for increased flexibility. Learn how to care for sensitive shoulders, wrists and knees with props and modifications. This class is appropriate for all levels (no yoga experience necessary) and is meant to keep you in the game!

FEBUARY EVENTS:

Ayurveda 101

Sunday, February 6th: 1:00 - 6:00 PM

Tess Chiodo will share her vast knowledge of this timeless science to help you find balance in your life. Learn your Dosha, or mind-body constitution so that you can improve your digestion to lose weight and stave off dis-ease. Ideas will be presented on detoxification as well, helping you to implement these techniques into your daily routine. Shed excess pounds this spring with the ancient wisdom of Ayurveda which will keep you balanced through the changing of the seasons, all year through. Pre: \$65/ Door: \$75.

Primordial Sound Mantra Meditation

Saturday/Sunday, February: 14/15: 1 - 6 PM/1 - 4:30 PM

Practiced for thousands of years, meditation is a tool for rediscovering the body's own inner intelligence. Primordial Sound Meditation uses individually selected sounds of nature called mantras to disconnect us from the activity of life. These primordial sounds are based on the vibration the universe was creating at the moment of your birth. Primordial Sound Meditation is recommended for anyone who wishes to know deeper peace, enjoy greater freedom and mastery of life. **Register at JY Studio. \$50 discount Valentine's Day discount if enrolling with a friend!** Normally \$395 paid in full by first session. (\$100 non refundable deposit due one week prior to first session.) Special pricing options available for children; students; military/veterans; and service workers.

SPECIAL EVENT: Yoga Gangsters Outreach Certification

Friday, February 27th: 6:00 - 9:00 PM

Saturday, February 28th: 11:00 AM - 7:30 PM, Sunday, March 1: 11:00 AM - 2:30 PM

This certification workshop (taught by Terri Cooper, founder of Yoga Gangsters) is for anyone who would like to provide outreach yoga programming at schools, shelters, rehab facilities, or through other non-profit organizations. Working with these populations require special skills and approaches so that you can connect with the participants. This course will cover diversity, Intro to trauma and how it is held in the body, four types of students, showing up and speaking authentically, appropriate touch, sequencing, lesson plans and practice teaching.

Yoga Gangsters offers classes at MANY south Florida locations working within the juvenile justice system, with schools, hospitals, youth centers, shelters and other non-profit organizations. We are looking for emerging leaders in new markets who share our desire to serve youth in crisis through yoga. Certified yoga teachers welcome as well as yoga lovers who want to serve (yoga teachers certification is NOT required to join our team for volunteer programming.) \$299 (CEUs available)