



JOYFUL YOGA & SPA

December 2014 Class Schedule
(New Location) 3405 Pelican Landing Pkwy • Bonita Springs, FL 34134
239.947.9845 • www.JoyfulYoga.com

MONDAY

8:00 - 9:00 am
Mellow Morning Flow
Amanda Feaga

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
Slow Burn Power Yoga
Lynda Artesani

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

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 Olsen

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
Slow Burn Power Yoga
Alicia Simmons

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

5:30 - 6:45 pm
Detox Vinyasa Flow
Emily Chiodo

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

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
Joy Volkan

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

6:00 - 7:15 pm
Intermediate Yoga & Meditation
Joyce Sharp

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
Slow Burn Power Yoga
Lynda Artesani

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
Emily Chiodo

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

SUNDAY

8:00 - 9:00 am
Joyful Flow
Colleen Cotter

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
David Simmons

* Only held on December 5th.
There are only morning classes on **Christmas Eve** and **New Year's Eve**. All classes are cancelled on **Christmas**. The only class on **New Year's Day** is *Yoga & Meditation* with Jacqueline (1 - 2:15 pm)

Primordial Sound Mantra Meditation Training with Tess Chiodo

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

Session 1: January 17th, 1 - 2:30 pm

Session 2: January 17th, 2:30 - 6:30 pm

Session 3: January 18th, 1 - 3:30 pm

Session 4: January 18th, 3:30 - 4:30 pm

Contact the studio (947-9845) for more details!

There will be no PSM training held in December!

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 / 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!*

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.

Yin/Restorative Yoga This class invites us to slow down our yoga practice combining the elements of Yin and Restorative Yoga with breath awareness. Longer held Yin poses release into the deeper tissues where energy is most stagnant. Restorative poses use the support of props to encourage surrender and openness in the body. Quiet the mind, soothe the nervous system and increase mind/body awareness. Perfect for times when you feel depleted or just want a softer start to your day. All levels and abilities are welcome.

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!

DECEMBER EVENTS

Free Intro to Yoga Teacher Training with Marti *Saturday, December 13th: 2:00 - 3:30 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. Bring your self, your questions and your enthusiasm!

Restorative Yoga/Crystal Bowl Healing with Linda *Saturday, December 13th: 4 - 5:30 PM*
Explore restorative yoga poses while enjoying the sounds/vibrations of crystal singing bowls. Restorative poses offer the potential for deep relaxation and deliberate stillness while the crystal bowls encourage physical/emotional healing and encourage connection of mind and body. \$20 pre/\$25 door