



JOYFUL YOGA & SPA

Bringing Yoga Joy to SW Florida for over 10 years!

July 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

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

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

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
Amey Williams

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

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
Hatha Yoga
Howard Martin

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

The only class on **Independence Day (July 4)** is **Yoga with Meditation** with Marti at 9:30 AM.



***Intro to Meditation** is only held on Friday, July 3rd.

The **Fall 2015 Transformational Yoga Teacher Training Program** is being postponed until October. Please watch for upcoming details on this program.

Primordial Sound Mantra Meditation Training with Tess Chiodo will not be held during July and August. If you are interested in joining the September session, please contact Joyful Yoga for registration information.

CLASS PRICING:

1 Class.....	\$20 (\$10/student ID)
5 Class Pack*	\$85
10 Class Pack*	\$150
20 Class Pack*	\$280
30 Class Pack*	\$390
60-min Private Session.....	\$90
60-min Semi-Private.....	\$115

* 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.

JULY EVENTS:**Ecstatic Kirtan with Missy Balsam**

Friday, July 17: 7-8:30 pm

Please join us for another night of love and bliss with Missy! If you've never been before, come see what it's all about...

It's an evening of connection, community building, and heart opening singing. No experience is necessary, just a willingness to participate with a beginner's mind. In kirtan everyone is an equal and vitally important participant... you ARE the music! Warning: The energy of Kirtan is highly addictive. Come prepared for some serious joy!

\$15 suggested donation. You cannot reserve your spot for this through online registration. Please be prepared to bring cash at the door.

Saturday Soar with Heather Olson

Saturday, July 18: 5-6:30 pm

Boost your weekend with a Soaring Saturday Night Special. All levels Vinyasa flow with arm balance tips, tricks, and cheats. Focusing on building strength and balance this class will empower you to fly!

\$15