

## Class Descriptions

### Foundation *Beginner/All*

An important class for newcomers to the studio! Create strength, flexibility and balance with a solid "Foundation". Build a strong, safe and healthy yoga practice with detailed alignment, use of props and Ujjai breath. Experienced students will deepen their practice and feel stronger by working slower and holding postures longer in this gentle paced class. This class is suitable for expectant mothers who have an established yoga practice.

**Level:** *All levels/Excellent for Beginners*

**Prerequisite:** *Interested in Yoga*

### Core *All Levels*

Awaken your core and connect with your true source of strength and energy - your "life force" within. Develop stronger, toned abdominals, improve posture, feel taller and leaner. Based on Dana's popular workshop, blending slow sun salutations with upper body strengtheners, plyometrics & pranayama (breathwork). Learn the subtle aspects of backbending along with in-depth abdominal exercises (Forrest Yoga) to strengthen and support the lower back. Feel stronger, more energized, and find your "Bandhas".

**Level:** *All Levels/Beginners welcomed*

**Prerequisite:** *An empty stomach is best!*

### Pure Prep *Intermediate*

Learn the traditional Ashtanga Primary (1st) series (see *Pure*) in this moderate tempo, up-beat class. Pure Prep covers 70 - 80% of the Primary series. Advanced students, refine your practice.

Learn jump-throughs and jump-backs with preps given for the more challenging postures. This class produces a deep internal heat which detoxifies, improves digestion, increases stamina, strength and flexibility.

**Level:** *Intermediate*

**Prerequisite:** *Foundation or Core.*

### Pure Advanced - Teacher Approval Required

Ashtanga Primary (1st) Series as taught by Sri K Pattabhi Jois (our teacher) in Mysore, India. Students need a good understanding of Ujjai breath, *bandhas* and the majority of the seated postures and be ready to work at the traditional pace. Strengthen and detoxify your body with this powerful and graceful practice.

**Level:** *Advanced*

**Prerequisite:** *Pure Prep, teacher approval and ability to maintain sirsasana without a wall.*

### Improv *Int/Adv (Tues); Adv - Teacher Approval Required (Sat)*

A challenging & dynamic flowing series with impeccable sequencing and an in-depth weekly focus (hips, backbends, arm balancing, etc.). Combine prep work with the more challenging postures of Primary (1st), Intermediate (2nd), and Advanced A (3rd) Series along with inspiration from Forrest Yoga. Integrate a deeper breath & longer holds, move beyond boundaries and reach new levels in your practice.

**Level:** *Intermediate/Advanced (Tuesday); Advanced (Saturday)*

**Prerequisite:** *Min 3 yrs yoga experience + teacher approval on Sat.*

### Intro to Mysore *Beginner/All Levels*

Recommended for all beginners and/or any student new to Mysore. Learn the traditional Ashtanga Vinyasa sequence in a safe, step by step, non-intimidating atmosphere. Arrive anytime between 6:45-7:45 am. See Mysore description for more details.

**Level:** *Beginner/All*

**Prerequisite:** *Foundation or Core recommended*

### Mysore *All Levels*

Experience Ashtanga Yoga the way it is taught in Mysore, India. Open practice time, students can arrive anytime during the hours posted to "do your practice and all is coming". Move at your own pace, in silence, to the rhythm of your own breath. The teacher assists you in the form of hands on adjustments and personal attention. Beginners and advanced students practice side by side in a non-competitive atmosphere. Weekly Mysore classes help you to develop a strong, confident practice with correct alignment, and deepen your understanding of yourself. This class is suitable for expectant mothers who have an established yoga practice.

**Level:** *All Levels*

**Prerequisite:** *Foundation, Core or Pure Prep.*

### Yoga Sculpture *Intermediate/All Levels*

A slow-motion, super-deep class based on Dana's personal yoga practice. Create a stronger, leaner body and focus your busy mind by holding balance postures and multiple backbends. Finish with deep intense stretches and inversions to restore and rebalance.

**Level:** *Intermediate/All*

**Prerequisite:** *Pure Prep or Core*

### Burn! *Intermediate/All Levels*

A unique *yoga circuit* class that combines traditional Ashtanga Yoga with Martial Arts conditioning moves for an *Asian Arts* workout! Complete the practice with Tai Chi style meditation.

**Level:** *Intermediate/All*

**Prerequisite:** *Pure Prep, Core or Happy Hour Blast!*

### Happy Hour Blast! *Intermediate/All*

Friday nights we crank up the heat (internally and in the studio) and *Blast* the music with the ultimate, end-of-the-week cleanse. This *sweat with spirit* class begins with a 45 min cardio-yoga workout - both challenging and uplifting! Complete the practice with deep stretches & restorative yoga. Happy Hour Special: 2 people for the price of one drop-in rate! De-stress from the week and get ready for a wonderful weekend!

**Level:** *Intermediate/All*

**Prerequisite:** *Pure Prep recommended plus stamina!*

### Practice Notes

#### Yoga Shala

Infinite Yoga is a *Shala* or yoga school where each individual can grow and learn regardless of age, experience or natural ability. All classes come from the same traditional source - Ashtanga Vinyasa yoga - a dynamic style of yoga that leads to a strong, lean, flexible body and brings clarity of mind. Infinite Yoga strives to make Ashtanga Yoga accessible to all.

#### Towels & Water

Please bring a towel to every class. Water is available at the front desk, but not allowed during class.

#### Respect for Self and Others

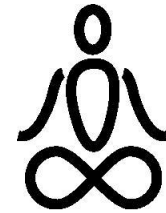
It's best to practice on an empty stomach (no food for 2 - 3 hours before class) and respectful to practice fragrance, lotion and oil free. Please also switch off cell phones before you enter the studio.

#### Moon Days

Ashtanga tradition regards *Moon Days* (the day of each New and Full Moon) to be non-practice days. In accordance with Ashtanga tradition Mysore practice is not offered on Moon Days. All other classes are taught irrespective of the moon cycle.

## Class Descriptions & Schedule

Summer 2009



Voted  
"Best Yoga Studio"  
San Diego Downtown

## Infinite Yoga

2400 Kettner Blvd,

Studio 115

San Diego CA 92101

(619) 269-7043

[www.infiniteyoga.com](http://www.infiniteyoga.com)