

Infinite Yoga - Explore & Evolve

Infinite Yoga offers a schedule designed for modern urban living. A perfect blend of pure Ashtanga Vinyasa yoga classes complemented with our unique and invigorating Ashtanga-based classes. Read about the authentic roots of all our classes on-line in the "Roots" article.

Ashtanga Vinyasa Yoga is a dynamic practice that produces a strong, lean, and flexible body & brings mental clarity. IY teaches this powerful style with intelligence and compassion for all levels of students. Our experienced and knowledgeable teachers are dedicated to helping you explore and evolve.

Class Descriptions

Foundation Level 1/2

Create strength, flexibility, balance and longevity in your practice with a solid Foundation. Learn detailed alignment in postures and how to breathe properly (Ujjayi) in this fun, informative and entertaining class. New students will learn the basics and more experienced students will work deeper, refining their knowledge and understanding of alignment and breath. This class is suitable for expectant mothers and those wanting a slower paced format. A class you can begin with and return to - all levels can benefit.

Prerequisite: Interested in Yoga

Yoga Blast! All Levels

Let go of your busy mind by moving, breathing and sweating your way through Dana's unique "cardio-yoga-sequence". Build muscular strength and endurance while letting go of your day. Complete the practice with *bandha-infused core-work* and a few deep stretches. A perfect after-work practice.

Prerequisite: Comfortable with multiple sun-salutes.

Traditional Level 2/3

Learn the traditional Ashtanga Vinyasa Primary (1st) series (see *Traditional Level 3/4*) in this moderate tempo, up-beat class. Move through 70-80% of the series at a slightly slower pace, learning the precise breath. 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.

Prerequisite: Foundation or Blast!

Traditional Level 3/4

Ashtanga Vinyasa Primary (1st) Series as taught by the late Sri K Pattabhi Jois (our teacher) in Mysore, India. Postures are called out in Sanskrit and there is very little demonstration. Students must know the series as well as *Ujjayi* breath, *bandhas* and finishing postures and be ready to work at the traditional pace (see *Traditional Level 2/3*). Strengthen and detoxify your body with this powerful and graceful practice.

Prerequisite: Must know the entire First Series in sequence.

Yoga Sculpture Levels vary - see Schedule on reverse

Feel stronger, leaner and more flexible in this slower-paced, super-deep class. A balanced practice of pranayama (breathwork), corework, arm-balances & backbends. Multiple prep postures, longer holds, and intense stretches to gain understanding and get results! Ashtanga-based.

Prerequisite: Blast! or Traditional Level 2/3.

Yoga Focus New!

A six-week exclusive workshop series in Dana's new private yoga studio, *Viva Vibrante* (located in studio 225, upstairs from IY) Limited to 7 students to ensure individual attention and maximum results. A new theme every 8 weeks - a great way to deepen your practice.

Preregistration Required - details on-line.

Ashtanga Mama All Levels

A unique *Mommy and Me* class that celebrates the strength and grace of Ashtanga Vinyasa Yoga just for Mom. Women with infants and young children can bring them to the class, but the emphasis will be on Mom getting to practice yoga. Breathe deeply, build strength & de-stress.

Prerequisite: Women Only!

Mysore All Levels

Experience Ashtanga Vinyasa Yoga the way it is taught in India. Arrive anytime during the session and move at your own pace. The teacher assists you with hands on adjustments and personal attention. Develop confidence in your practice with correct alignment, and a deeper understanding of yourself. Suitable for newcomers familiar with sun salutes and standing postures and expectant mothers.

Prerequisite: Foundation or Traditional 2/3

Improv Level 5 + Teacher Approval!

Designed for experienced students and teachers to move beyond their boundaries, gain insight and reach new levels in their practice. A dynamic & challenging class with impeccable sequencing and an in-depth weekly focus. Integrates longer holds and a deeper breath while exploring the more challenging postures of Ashtanga Primary (1st), Intermediate (2nd), and Advanced A (3rd) Series along with inspiration from Forrest Yoga.

Prerequisite: Attend another class with Dana to obtain Teacher Approval!

J's Yoga Conditioning All Levels

Wake up with J's Yoga Conditioning class for athletes and active students. Improve performance, enhance agility, balance, and improve muscle recruitment with dynamic Ashtanga yoga, core stabilization, and deep stretches. A perfect cross training class!

Prerequisite: Foundation.

Power Lunch Levels 2/3

Yoga for lunch? - It's better than a shot of espresso! Move, breathe, and energize your body midday with a flowing Ashtanga sequence.

Feel re-charged for the rest of the day. Special drop in rate of \$10

Prerequisite: Foundation

Community Class Level 1/2

Infinite Yoga believes yoga should be available for all - this class does just that: donation based, pay what you can and enjoy a great Ashtanga Vinyasa class with IYTT alumni. (Cash, check or IY class card - No credit cards please.)

Prerequisite: Interest in yoga.

Notes for New Students

Yoga Mat, Towel & Water

Please bring a yoga mat, towel to every class. We have a few spare mats available but recommend you have your own. Water is available at the front desk, but should not be necessary 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 it's respectful to practice fragrance, lotion and oil free. Please switch off cell phones before you enter the studio and don't switch them back on until you are in the hallway.

Moon Days

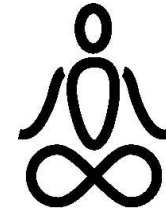
Ashtanga tradition regards *Moon Days* (the day of each New and Full Moon) to be non-practice days. In accordance with Ashtanga tradition Mysore practice is not offered on Moon Days. All other classes are taught irrespective of the moon cycle.

Want more than just a class?

Visit our website (www.infiniteyoga.com) for detailed information on our workshops, yoga retreats, nationally certified teacher trainings, and how to book a private lesson.

Class Descriptions & Schedule

Winter 2012



Explore & Evolve
Infinite Possibilities

We have Free Parking!

(details at front desk)

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www.infiniteyoga.com