

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/All

An important class for newcomers to the studio! Create strength, flexibility and balance with a solid "Foundation". Learn the fundamentals of building a safe and healthy yoga practice. Work at a slower pace with detailed alignment, use of props and Ujjayi breath in this fun and invigorating class.

Prerequisite: *Interested in Yoga*

Core All Levels

Awaken your core and connect with your "life force" within - the essence of Ashtanga Vinyasa yoga. Develop stronger, toned abdominals, improve posture, feel taller and leaner. Blending slow sun salutations with upper body strengtheners & pranayama (breathwork). Learn the subtle aspects of backbending along with in-depth abdominal exercises to strengthen and support the lower back. Feel energized, and find your "Bandhas".

Prerequisite: *An empty stomach is best!*

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 the traditional pace. 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, Core or Mysore.*

Traditional Level 3/4 (Thurs); Level 4 (Sun) + Teacher Approval!

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: *Traditional 2/3(Thurs). Sunday's class is 15 mins longer & Teacher Approval is required.*

Yoga Sculpture Level 2/3

Feel stronger, leaner and more flexible in this slow-motion, super-deep class. A balanced practice of breathwork, corework, arm-balances & backbends. Multiple 'prep' postures, longer holds, and intense stretches to gain understanding and get results! Ashtanga-based, Forrest Yoga inspired.

Prerequisite: *Core, Traditional Level 2/3 or Yoga Blast!*

Ashtanga Mama All Levels

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

Prerequisite: *Women Only! Core or Foundation*

Improv Level 3/4

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 Ashtanga Primary (1st), Intermediate (2nd), and Advanced A (3rd) Series along with inspiration from Forrest Yoga. Integrate a deeper breath & longer holds and reach new levels in your practice.

Prerequisite: *Traditional 2/3 or Yoga Sculpture*

Saturday Improv Level 5 + Teacher Approval!

Designed for experienced students and teachers to move beyond their boundaries and explore deeper levels of practice. Teacher approval is required - please attend another class with Dana to obtain approval before attempting this challenging class.

Prerequisite: *Traditional 4 or Mysore equivalent & Teacher Approval!*

Intro to 2nd Level 4 + Teacher Approval!

Learn the traditional Ashtanga Vinyasa 2nd or Intermediate Series in sequence with prep work given for the more challenging postures. Students must have a strong Ashtanga practice and feel confident in Traditional Level 4 (Primary Series).

Prerequisite: *Traditional 4 or Mysore equivalent & Teacher Approval!*

Mysore All Levels

Experience Ashtanga Vinyasa Yoga the way it is taught in Mysore, India. Open practice time, students can arrive anytime during the hours posted. Move at your own pace. The teacher assists you in the form of hands on adjustments and personal attention. Develop a strong, confident practice with correct alignment, and deepen your understanding of yourself. This class is suitable for expectant mothers. Beginners with a good understanding of the sun salutes and standing postures are welcome.

Prerequisite: *Foundation or Traditional 2/3*

Yoga Blast! All Levels

Wednesday and Friday nights we crank up the heat (internally and in the studio) and "blast the music" with the ultimate, cleansing yoga practice. This sweat-with-spirit class begins with a 45 minute cardio-yoga-flow both challenging and invigorating! Wednesday night includes core-work; Friday night completes the practice with deep stretches. Both classes end with restorative yoga to calm the body and the mind. De-stress mid-week or get ready for a great weekend!

Prerequisite: *Core, Traditional Level 2/3 or Yoga Sculpture*

Yoga Booty Boot Camp All Levels

Each season get in shape while deepening your understanding of yoga. Try our progressive program 4 days a week for 4 weeks. Check the website for more details and to pre-register. If you missed the deadline and want to experience a similar class try Yoga Blast on Wednesday or Friday.

Prerequisite: *Pre-registration on-line*

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

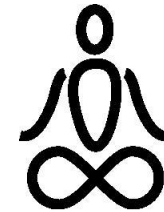
It's best to practice on an empty stomach (no food for 2 - 3 hours before class) and respectful to practice fragrance, lotion and oil free. Please switch off cell phones before you enter the studio and don't switch them back on until you are in the hallway.

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.

Class Descriptions & Schedule

July 2010



Explore & Evolve
Infinite Possibilities

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