

Infinite Yoga - Explore & Evolve

At our yoga school or *Shala* we encourage students to grow and learn yoga regardless of age, experience or natural ability. We favor quality over quantity with a class schedule designed to empower students to progress at a rate that suits them. We offer private lessons, yoga retreats, teacher trainings & community events to enable everyone to explore and evolve in their yoga practice and their lives.

Class Descriptions

Foundation Level 1/All

An important class for newcomers to the studio! Create strength, flexibility and balance with a solid "Foundation". Build a safe and healthy yoga practice by working at a slower pace with detailed alignment, use of props and Ujjayi breath.

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. 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 Primary (1st) series (see *Traditional Level 3/4*) in this moderate tempo, up-beat class. 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 Core.*

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

Ashtanga Primary (1st) Series as taught by Sri K Pattabhi Jois (our teacher) in Mysore, India. Students must understand *Ujjayi* breath, *bandhas* and all the seated postures to be ready to work at the traditional pace. 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

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

Prerequisite: *Core or Traditional Level 2/3*

Improv Level 3/4 (Tues); Level 5 (Sat) + Teacher Approv!

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 and reach new levels in your practice.

Prerequisite: *Traditional 2/3 (Tues); Teacher Approv! (Sat)*

Don't Mind the Kids! All Levels

Bring the kids and get a great yoga practice for yourself. Children get exposed to yoga in this fun and creative class, but the emphasis is on their parent getting to stretch, strengthen, de-stress and breathe! Kids can join in or play together.

Prerequisite: *None: Accompanied children 2 months -10 years welcomed free - Only parents pay!*

Intro to 2nd Level 4 + Teacher Approv!

Learn the traditional Ashtanga 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 3/4 or 4; or Mysore equivalent & Teacher Approv!*

Intro to Mysore Level 1/All Levels

Recommended for 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.

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. 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. Develop a strong, confident practice with correct alignment, and deepen your understanding of yourself. This class is suitable for expectant mothers.

Prerequisite: *Foundation, Traditional 2/3 or Intro to Mysore*

Yoga Blast! All Levels

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. De-stress from the week and get ready for a wonderful weekend!

Prerequisite: *Core or Traditional Level 2/3*

Practice Notes

Respect for Self and Others

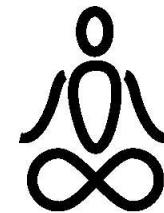
It's best to practice on an empty stomach (no food for 2 - 3 hours before class) and respectful to practice fragrance, lotion and oil free. Please also switch off cell phones before you enter the studio.

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

March 2010



Explore & Evolve
Infinite Possibilities

Infinite Yoga

2400 Kettner Blvd,

Studio 115

San Diego CA 92101

(619) 269-7043

www.infiniteyoga.com