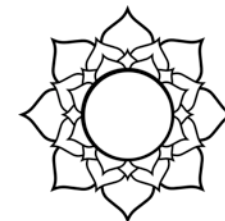


# Class Schedule

MOUND STREET YOGA CENTER

1342 Mound Street | Madison, Wisconsin

www.moundstreetyoga.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:00 - 9:30 AM INTERMEDIATE YOGA Scott	
9:00 - 10:15 AM BEGINNING/ CONTINUING  Rebecca	9:00 - 11:00 AM ADVANCED YOGA  Scott	9:00-10:15 AM INTERMEDIATE YOGA  Alicia	10:00 - 11:30 AM GENTLE YOGA KRIPALU  Penny	9:00 - 10:30 AM MODERATE KRIPALU  Mary	10:00 - 11:30 AM GENERAL YOGA  Steve	
11:45 - 1:00 PM ISHTA YOGA <i>Meditation 1:00 - 1:15</i>  Sara		11:45 - 1:00 PM ISHTA YOGA <i>Meditation 1:00 - 1:15</i>  Sara	12:00 - 1:00 PM PILATES  Collette	12:00 - 1:00 PM CONTINUING YOGA  Linda		
			4:00- 5:00 HEALTHY BONES* <i>6-week series</i> Linda			
5:30 - 7:00 PM INTERMEDIATE YOGA  Andrea	5:30 - 6:45 PM YOGILATES  Collette	5:30 - 7:00 PM INTERMEDIATE YOGA  Scott	5:30 - 7:00 PM EISCHENS YOGA  Ali	5:30 - 7:00 PM INTERMEDIATE YOGA  Andrea		
7:15 - 8:45 PM PRENATAL YOGA  Christine	7:15 - 8:15 PM ALIGNMENT YOGA ALL LEVELS  Scott	7:15 - 8:15 PM BEGINNING YOGA  Scott	7:15 - 8:15 PM INTRO TO YOGA** <i>8-week series</i> Andrea			

\* Next Healthy Bones runs January 19 - February 23

\*\* Next Intro to Yoga runs January 19 - March 15

# Mound Street Yoga Center

*Madison's original yoga studio offers the finest yoga instruction in Yoga, Pilates and more.*

**Beginning Yoga** classes develop the fundamentals of yoga postures and breathing. Participants learn practical techniques to release tension patterns in the body and mind. In addition to releasing accumulated stress, participants build strength and flexibility.

**Intermediate Yoga** classes build on the material learned in the beginning classes. By expanding the repertoire of yoga postures and learning to breathe deeply and easily, participants find a greater level of ease in their body and mind.

**Advanced Yoga** classes deepen the processes started in the earlier classes. Emphasis is placed on understanding how the bones and organs affect the skeletal muscles. Students learn how all outward expressions of movement are reflections of what's occurring within the body.

**Gentle Yoga** is a meditative approach to yoga practice. Through a series of asanas, participants build core strength and develop flexibility with a focus on proper alignment and the integration of breath with movement. Finding ease and well-being within the postures leads to a renewed connection with self.

**Hatha Yoga** integrates nature's rhythms and the yogic arts to address modern-day needs. A creative and focused atmosphere encourages students to engage in the moment, access core strength, foster fluid movement and create a compassionate connection with self.

**ISHTA** yoga embraces elements from a variety of styles to help its students discover the optimal blend of postures, breathing and meditation techniques to maximize the quality of their lives.

**General Yoga** includes instruction in asanas (yoga postures). Focus on standing and seated poses, simple twists and introduction to shoulder stand and sitting meditation using breath awareness throughout.

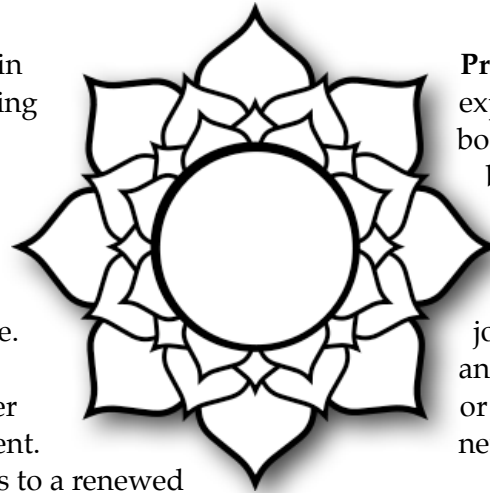
**Eischens Yoga** is rooted in the Iyengar tradition, with alignment and integrity of the poses at its core. Eischens Yoga helps students learn to sense its profound effects on the energy flow of the body, to practice yoga in accordance with their own constitutional type and to balance their bodies and their energy flow.

**Prenatal Yoga** is a gentle class that requires no prior experience. Each pose is specifically chosen to benefit the changing body of a pregnant woman. You strengthen different parts of your body that aid in an easier pregnancy and delivery.

**Pilates** works to educate and balance the different muscles of the body so that they work efficiently as a unit, thereby easing joint and muscular pain, improving posture, increasing strength and awareness in your body. If you're already an experienced yogi or a Pilates enthusiast, **Yogilates** is a great way to add something new to the practice you enjoy.

**Intro to Yoga** is an 8-week series designed for beginners to build a strong foundation in a comfortable setting for continued growth. Participants will learn tools to build strength and flexibility, release accumulated tension and cultivate a calm steadiness of mind.

**Healthy Bone Yoga** Bone health is more easily maintained than re-created after it fails. Yet research shows that bones do improve after certain kinds of yoga practice, even bones weakened by osteopenia or osteoporosis. Healthy Bones Yoga offers a complete set of yoga poses in a 6-week series. Both chair versions and floor versions will be taught, and no prior yoga experience is required. Handouts will include visuals of each pose, and suggestions for structuring a home practice.



**FEEL THE GROUND**

**CONNECT TO THE BREATH**

**RELAX THE MIND**