

**SPORTS CLUB KAHANA HOURS**  
 Mon-Fri 5am-11p; Sat 6am-9p; Sun 6am-6p

**YOGA OCTOBER 2011**

**Yoga /Pilates Class Description**

**PHONE:**  
 808-669-FLEX (3539)

DAY	TIME	CLASS	INSTRUCTOR
<b>MONDAY</b>	8:30A-9:30A	Yoga/Pilates Fusion	Danyell
	9:45A-11:15A	Gentle Flow	Julie
	5:00P-6:30P	Yoga: Mixed Level	Joanna
	6:45P-7:45P	Yoga Hour: Level 2/3	Ray
<b>TUESDAY</b>	8:00A-9:30A	Ashtanga Yoga	Jack
	9:45A-11:15A	Vinyasa Flow	Julie
	6:00P-7:30P	Yoga/Meditation	Jenelle
<b>WEDNESDAY</b>	8:30A-9:30A	Pilates	Amanda
	9:45A-11:15A	Anusara Inspired Yoga 1/2	Ray
	6:00P-7:30P	Yoga Flow	Katie
<b>THURSDAY</b>	9:45A-11:15A	Anusara Inspired: All Levels	Marcia
	6:00P-7:30P	Restorative Yoga	Leslie
<b>FRIDAY</b>	8:30A-9:30A	Pilates	Amanda
	9:45A-11:15A	Anusara Inspired Yoga 1/2	Ray
	5:00P-6:15P	Yoga: All Levels	Claudia
<b>SATURDAY</b>	9:30A-11:00A	Yoga: Level 2/3	Joanna
<b>SUNDAY</b>	9:00A-10:30A	Ashtanga Yoga	Jack
	10:45A-11:45A	Pilates	Katie

**Ashtanga Yoga:** A liberating and flowing series of classic Yoga poses, linked to one to another by a connective movement. Special emphasis on breathing technique, muscular contractions, and strengthening and toning.

**Pilates:** Various class levels are provided based on participant experience with Pilates. The focus is on basic principles: Breathing, abdominal muscle isolation and control, and basic muscle group awareness using challenging exercise sequences.

**Yoga/Pilates Fusion:** A flowing mind/body practice integrating yoga and pilates to increase strength, flexibility, and balance while reducing stress and improving endurance. All levels welcome.

**Gentle Flow:** Incorporates flowing sequences into a slow, calm practice. Learn alignment and attention to detail, and cultivate greater depth, ease and sustainability in your flow practice. Perfect for beginners or advanced students to welcome soft openings and mind-body-spirit awareness.

**Vinyasa Flow:** A lighthearted class combining traditional postures with Vinyasa transitions. Students will harmonize the breath with a series of postures linked together in a natural, flowing sequence. Class includes basic techniques, gentle adjustments, core strengthening, and fun.

**Yoga Flow (Level 2/3):** The fluid practice of yoga synchronized with breath movement. Knowledge of Sun Salutations and basic yoga postures is helpful. Yoga Flow raises core body temperature and is a more vigorous yoga practice.

**Yoga: (Mixed/All Levels):** Learn the foundational postures of yoga and the exercises of Hatha Yoga. Extra time is spent on precise alignment, specific points of each posture, deepening stretches, strengthening muscle groups, flow and breathing. The goal is to allow each practitioner to develop at their own pace.

**Anusara Inspired Yoga (Level 1/2):** Learn postural alignments, breath techniques, and a heart based approach to yoga practice. Daily themes are woven into the class to complement the physical postures while also encouraging a light hearted philosophy on living.

**Yoga/Meditation:** – A gentle flow class with guided meditation. Intended to refresh, restore and rejuvenate, the devotional teachings of bhakti yoga are woven into a gentle flow of yoga asanas synchronized with the breath. Following an hour long asana practice, students are gently guided into an extended meditation practice.

**Restorative Yoga:** Restorative practice cultivates the habit of attention using props to support non-strenuous stretching. Props relieve the muscles & bones of their role of support & action, and the nervous system becomes quiet. Allow tension to melt and become more present. Essential Oils used in class.

**UPCOMING EVENTS**

**October 9: Backbend Workshop w/Ray—11a-2p**

