



The North Shore Yoga Co-Op

CLASS DESCRIPTIONS

Vinyasa: Vinyasa Flow is a dynamic practice linking breath and movement, leading up to a specific intention. Traditional postures are connected by intentional transitions to create an experience of meditation in motion. Classes work through basic standing and seated poses and include precise instruction, inspiring adjustments, and transformative philosophy. This invigorating practice will develop strength, stamina, and flexibility.

Level 1: All students welcome! No experience necessary.

Level 1-2: Variations will be given for postures, some experience helpful but not necessary.

Level 2-3: Experience required. Less alignment instruction and challenging variations provided.

All Levels: All students welcome! Options will be provided to suit all students needs.

Yin Yoga: Consists of slow opening floor postures designed to bring about maximum flexibility and enhanced health through longer holds and a deeper release. The main focus of yin yoga is in the hips and the back. This yoga is an ideal compliment to all other yoga styles.

Yoga for Surfers: This class is open to all, but specifically designed to emphasize range of motion of the shoulders, back and hips - the body regions most commonly overused and injured by surfers, paddlers and swimmers. Incorporating breath-work and relaxation techniques with strength and flexibility poses, this class will lead you to a more balanced postural awareness. You will not only see your surfing benefit, but Yoga will bring light to all aspects of your life.

Restorative Yoga: Injured? Stiff? Tired? Sore? Restore, Relax and Renew yourself! This class is focused on restorative yoga postures, active relaxation, pranayama, and meditation. By supporting the body with props, we alternately stimulate and relax the body to move toward balance. All the postures create specific physiological responses which are beneficial to health and can reduce the effects of stress and dis-ease.

Morning Meditation: Start your day with A blend of gentle stretches and yin yoga postures to wake up the body, followed by a 25 minute guided meditation. This class will call upon pranayama practices, yoga nidra techniques, and a meditation based on Nithyananda's Life Bliss Practice. This is an invitation to deepen your awareness of the body, mind and Spirit.

Open Meditation: Stay after Restorative, come before Vinyasa, or just drop in.

Sampler Yoga: A blend of chi kong, iyengar, vinyasa, and yin yoga.

Kids Yoga: An introductory Yoga session to bring awareness, focus, strength, and flexibility into their lives.

Shadow Yoga: is a progressive form of hatha yoga blending common preparatory exercises shared between dance, martial arts and nature. Please begin the course within the first two weeks for best assimilation and comfort. Contact Mara for more information: mara@jasmoneyoga.com / 808-561-9639

Pregnancy Yoga: Develop your acceptance of the present and calmly prepare for what is to come. Find strength, flexibility and balance during the months of pregnancy, childbirth, and motherhood with your breath. Boost your energy with body movements and positions that lengthen the spine to make room for baby while keeping limbs strong and supple. Pelvic floor exercises are designed to increase your awareness for labor and after baby is born. We recommend yoga after your thirteenth week. Ask your doctor if yoga is appropriate for you.

Mom & Baby Yoga: A great way to get out of the house and into a playful and supportive environment. Moms use breathing and yoga postures to restore strength in their centers, revitalize their energy and discover a sense of serenity. Babies interact with mom while experiencing their bodies in space. They can choose to participate, take time to cry, nurse or even sleep. The class is recommended for newborns up to about 1 year, and moms who have been cleared by their doctors to begin exercise. Fathers are welcome to take the class as well. This class is offered once-a-month, check the website for dates! Please bring a mat & baby blanket to class.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:15	VINYASA LEVEL 2-3 NINA			VINYASA LEVEL 1-2 COLLETTE	MORNING MEDITATION KATE	RESTORATIVE YOGA COLLETTE
8:30-9:45		SAMPLER CAB				
8:45-10:00			YIN YOGA NINA			
9:00-10:00					MORNING MEDITATION KATE	
10:00-11:15						VINYASA ALL LEVELS MARA
10:15-11:30	VINYASA LEVEL 1-2 NINA	VINYASA LEVEL 1 NINA	VINYASA LEVEL 1-2 NINA		VINYASA LEVEL 2-3 KATE	
12:00-1:15		YOGA FOR SURFERS NINA		YOGA FOR SURFERS NINA		
2:00-2:40		YOGA FOR KIDS AGES 5-6 NINA		YOGA FOR KIDS AGES 9-11 NINA		
3:00-3:40		YOGA FOR KIDS AGES 7-8 NINA		YOGA FOR KIDS AGES 12-13 NINA		
3:30-4:45	MOM & BABY MARA					
5:00 - 6:15		RESTORATIVE YOGA COLLETTE	PREGNANCY YOGA MARA			
5:30-6:45				VINYASA ALL LEVELS LILLY		
6:30 - 7:45	VINYASA FUNKY FLOW LILLY	VINYASA LEVEL 1-2 COLLETTE	VINYASA ALL LEVELS MARA			
7:00-8:15				YIN YOGA KATE		

SUNDAY 9:30-10:30 : YOGA MEDITATION & PHILOSOPHY SERVICE

LOCATED AT WAIMEA FALLS PARK IN PROUD PEACOCK ROOM (ABOVE SNACK SHOP)

NO CHARGE, NO DONATION, NO MATS, NO EXPERIENCE REQUIRED. CHAIRS WILL BE PROVIDED.

Check The Website Or Email Us For Our Sub Schedule, Canceled Classes, & Upcoming Workshops:

WWW.NORTHSHOREYOGA.ORG OR INFO@NORTHSHOREYOGA.ORG

****PLEASE BRING A MAT AND TOWEL TO CLASS****