

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-9:30am <i>Mysore Ashtanga</i> Bryan & Phoebe	7:00-7:45am <i>Hatha & Meditation</i> Ben	6:30-9:30am <i>Mysore Ashtanga</i> Bryan & Phoebe	7:00-7:45am <i>Vinyasa</i> Amanda	6:30-9:30am <i>Mysore Ashtanga</i> Bryan & Phoebe		
		8:00am-9:00am <i>Hatha</i> Greg			8:00-9:00am <i>Hatha</i> Ben	8:00-9:15am <i>Mysore Ashtanga</i> Phoebe
						8:00-9:15am <i>Hatha & Meditation</i> Greg
9:30-10:30am <i>Hatha</i> Chance				9:30-10:15 <i>Hatha</i> Angela	9:30-10:45am* <i>Kundalini</i> Courtney	9:30-10:30am <i>Ashtanga Basics</i> Phoebe***
	10:30-11:30am <i>Gentle</i> Shira		10:30-11:30am <i>Gentle</i> Shira			
					11am-12:15pm <i>Vinyasa</i> Amy	11:00-12:15pm <i>Kundalini</i> Liz
12:00-1:00pm <i>Vinyasa</i> Shira	12:00-1:00pm <i>Vinyasa</i> James	12:00-1:15pm <i>Vinyasa</i> Ben	12:00-1:00pm <i>Vinyasa</i> James	12:00-1:00pm <i>Vinyasa</i> Shira		
					1:00-2:15pm <i>Yin & Yoga Nidra</i> Chance	
4:30-5:45 pm <i>Vinyasa</i> James	4:30-5:15pm <i>Vinyasa</i> Angela	4:30-5:45pm <i>Vinyasa</i> Ben	4:30-5:30pm <i>Hatha</i> James	4:30-5:30pm <i>Vinyasa</i> Amanda		
						5:00-6:15pm* <i>Vinyasa+</i> Shira
6:00-7:15pm <i>Kundalini</i> Liz	6:00-7:00pm <i>Vinyasa</i> Chance	6:00-7:15pm <i>Kundalini</i> Elle	6:00-7:15pm <i>Vinyasa+</i> Shira	6:00-7:15pm <i>Vinyasa, Chanting & Restorative</i> James		
7:00-8:00pm <i>Beginning Yoga</i> James**	7:30 – 8:30pm <i>Yin</i> nathaniel		7:30 – 8:45pm <i>Yin & Yoga Nidra</i> Kelly			7:30-8:30pm <i>Hatha & Meditation</i> Nichole
		8:30-9:30pm <i>Candlelight Flow</i> Shira				

* Indicates class schedule change

** This class meets on the 1st Mondays of the month only

*** This class meets on the 2nd Sunday of the month only



CENTER INWARD • REACH OUTWARD

Intro Offer for New Students:

\$30 for 30 Days of Unlimited Yoga Classes

Monthly Membership:

\$85/month for Unlimited Yoga Classes

Sliding-Fee Memberships & Class Passes:

\$10 - \$60/month, \$2.50 - \$15/class

One Yoga

P.O. Box 3900
Minneapolis, MN 55403
one-yoga.org
612-872-6347

Our Mission

One Yoga improves health equity in our community through access to a broad range of teachings and practices of yoga.

Pricing Options

Intro Offer
\$30 for 30 Days

Monthly Membership
\$85-\$175 / month with member-donor options

Sliding-Fee Membership*
\$10-\$60 / month, self-select based on income

10-Class Pass
\$120

Single Class
\$20

Sliding Fee Pass*
\$2.50-\$15 / class, self-select based on income

*sliding-fee rates on class passes and memberships available to individuals & families experiencing financial instability. Learn more at www.one-yoga.org

Class Descriptions

Beginning Yoga allows students to learn and practice a variety of foundational yoga poses that can enhance your physical, mental and emotional well-being.

Ashtanga Basics is an opportunity to explore the structure, flow and sequence of postures of the Ashtanga yoga system in a learning environment suitable for everyone. This class is suitable both for beginners and for established practitioners looking to refresh or refine their knowledge of the method.

Ashtanga: Primary Series is a fluid, athletic yoga sequence consisting of sun salutations, standing, seated and finishing postures that synchronizes the flow of conscious breath, precise movement, specific gaze points and directed energy.

Mysore Ashtanga students practice the Ashtanga yoga sequence at their own pace with individual attention from the teacher including hands-on adjustments and verbal cuing. Students may arrive anytime during the class. New students are welcome! For more information email mysore@one-yoga.org.

Candlelight Flow helps release the stresses of your day through conscious breathing, gentle flowing sequences and stretching. The body relaxes and the mind is swept clear.

Gentle yoga is perfect for all ages and abilities, including those who are challenged by a decreased level of fitness, are overweight or may be recovering from injury or disease.

Hatha refers to the balancing of our receptive and active energies. This balance is achieved through slow-flowing movement, well-aligned postures, breath work, intentional core engagement and meditation.

Kundalini yoga aims to awaken the divine energy that resides in all of us through pranayama, asana and meditation.

Meditation is the practice of resting into the present moment experience of the body and mind. Meditation fosters joy, tranquility, concentration, and equanimity.

Restorative yoga reduces stress and soothes the nervous system through gentle postures, breathing practices, and meditation.

Vinyasa is a rhythmic practice that energizes the body and quiets the mind by using conscious breath to flow dynamically from posture to posture through a variety of transitional movements. **Vinyasa+** includes intermediate to advanced postures such as binds, arm balances and inversions.

Yin Yoga induces a deeper state of flexibility and awareness through sustained holds, allowing muscles to relax, energy to flow more freely in the body, and the mind to settle. Yin Yoga is an excellent complement to the fundamentally yang nature of more dynamic yoga and other activities.

Yoga Nidra cultivates a relaxation of the body and mind through awareness of breath, feelings, sensations, and consciousness. Practice often includes establishing an intention at the beginning and a clarifying resolution at the conclusion.

Check out upcoming workshops, series & events at one-yoga.org.