



## Stevie's Healing Arts & Spa... and Yoga



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30am		able bodied with Lili			able bodied with Lili		<i>Workshops with Jaimee 9-10:30am \$20 / class</i>
9:00-10 am	able bodied KUNDALINI with Patricia						
9:15-10:00am			fat/broken KUNDALINI with Patricia				<b>Sept 10:</b> It's All About Balance <b>Sept 24:</b> Foundations of the Practice - Alignment Principles <b>Oct 15:</b> Cultivating Your Inner Goddess
10:15-11am	fat/broken with Moriah	able bodied with Oxana			fat/broken with Moriah	fat/broken with Lili	
11:15-12:00pm	able bodied with Moriah	fat/broken with Oxana				able bodied with Lili	
12:30-1:30pm			fat/broken with Jaimee			Pilates Smart Spine with Tetiana	<b>Regular Class for all levels 11:00 - 12:00 * with Jaimee</b> <b>*September 10th &amp; 24th* only</b>
5:00-6pm				able bodied KUNDALINI with Patricia			
5:15-6pm	fat/broken with Lili	able bodied with Janessa			Restorative with Lili		
6:15-7pm	fat/broken with Janessa	fat/broken with Janessa	able bodied with Lili	fat/broken with Janessa	fat/broken with Brent		
7:15-8pm	Restorative with Janessa		Restorative with Lili				

Most classes are comprised of a 30 minute "work" period and a 15 minute "rest/transition" period

\*\*\* classes or class times may be added, deleted, or changed at any time. Please refer to the [Mind Body App](#) for the most current schedule \*\*\*

**Fat or Broken:** Yoga styled for the beginner with modified positions for big boobs, big bellies, or aches and pains. 45 min class with time for reflection and meditation to heal the body, mind and soul.

**Able Bodied:** Our intermediate level difficulty class. Yoga styled for those who want to continue building their strength and healing their spirit.

**All Levels:** A mixed style class incorporating vinyasa yoga as well as attention to alignment and technique. Modifications are given allowing the students to choose a more beginning or more advanced practice according to their needs. A beautiful opportunity to be inspired by your fellow students of all levels

**Kundalini:** Focuses on movement, dynamic breathing techniques, meditation, and the chanting of mantras

**Restorative:** Holding supported passive yoga poses (seated or laying) for longer periods, focused on healing, inside and out, and finding "in the moment" bliss

**Smart Spine:** Focuses on core stretching exercises to help strengthen the muscles supporting the spine