

Mind Your Body

234 S Main

www.mybpocatello.com

Fall 2010

Yoga I and II - This Iyengar-based method of Yoga defines itself as different from other styles of Yoga by 3 key elements, namely technique, sequence, and timing. Beginners should attend Yoga I.

Pilates - The Pilates method is focused on training the body's small interior muscles that support our skeletal system – rather than the large exterior muscles that weigh down our skeletal system. This builds a longer, leaner physique, while increasing strength, flexibility, and coordination.

Pilates Equipment - The resistance of springs adds a new dimension. Private or semi-private sessions only.

Mat Pilates - This is a series of floor exercises focused on equally strengthening and stretching the body.

Tai Chi/Qigong - Qigong is an ancient Chinese system of energy work consisting of exercises and meditations stimulating the flow of qi (life energy). The exercises are a powerful and enjoyable way to improve health, increase vitality, and develop a healing presence. Tai Chi is an internal Chinese martial art promoting health. It consists of slow motion routines with breath and energy movement.

Gyrokinesis® - This new innovative method of exercise, inspired by chi kung, Kundalini and Hatha yoga, moves the spine in all planes of motion while increasing mobility in the hips, shoulders, and limbs. This exercise form body- maps your brain to improve your overall performance.

Evening Yoga - A yoga class to help you release and unwind from your day, preparing you for your night.

Stress Less - This sequence of gentle and supported poses is designed to calm the mind, balance the nervous system, nourish the internal organs and create a feeling of deep peace.

Sunrise Yoga - A healing yet energizing yoga class designed to get all of those weekend kinks out and ease you into your week.

Gentle Yoga - This yoga class has a slower pace and focuses on basic poses and stretches. This is a great yoga class for anyone, especially those of us newer to yoga or just needing to take it easy.

Feature Class - This exciting new class will change format every month! September – Foam Rollers, October – Feldenkrais, November – Gyrokinesis, and December – Kundalini Yoga with Diana Schow

Zumba - A fun, Latin-dance infused, low- impact aerobic workout

Community Yoga - Do yoga and help your community – the only fee for this class is people or pet food items to donate to needy others.

Aromatherapy and Meditation - Come learn and work on your meditation practice with the enhancement of essential oils.

Schedule

Monday

6:30am-7:30am	Tai Chi/Qigong	Vinny
9am - 10am	Sunrise Yoga	Mary
5:45pm - 6:45pm	Yoga I	Stella
7pm - 8:15 pm	Yoga II	Stella

Tuesday

9am - 10am	Mat Pilates	Mary
12:15pm - 1:15pm	Gentle Yoga	Dantzel
6pm - 7pm	Community Yoga	Carolyn
7pm - 9pm	Gate City Dojo	Sensei

Wednesday

6:30am - 7:30am	Tai Chi/Qigong	Vinny
12pm - 1pm	Yoga III	Stella
4:30pm - 5:30pm	Stress Less	Lori
5:45pm - 6:45pm	Zumba	Earl
7pm - 8pm	Evening Yoga	Nichelle
8pm - 9pm	Ballroom Dance (Beginning Oct 6 th)	Lori

Thursday

9am - 10am	Mat Pilates	Mary
5:30pm - 6:30pm	Feature Class (Sept. Foam Rollers, Oct. Feldenkrais, Nov. Gyrokinesis, Dec. Kundalini)	Lori/Diana
7pm - 9pm	Gate City Dojo	Sensei

Friday

8:30am - 9:30am	Mat Pilates	Dantzel
5:45pm - 6:45pm	Zumba	Earl

Saturday

9am - 10am	Mat Pilates	Sherrie
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Sunday

11am - 12:15pm	Aromatherapy and Meditation	Lisa Hammond of Time Labs
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