

# Mind/Body Classes



Sept 2018

	<b>Essex</b> Gauthier Drive 879-7734	<b>South Burlington</b> W. Twin Oaks Terrace 658-0001	<b>Williston</b> Wellness Drive 860-3343
<b>Monday</b>	Classes in Mind/Body studio unless noted  <b>8:45 am</b> Yoga (75 min)* ashley  <b>6:30 pm</b> Sivananda hedii (75 min)	Classes in Studio 2 unless noted <b>9:00 am</b> Vinyasa Flow jessica <b>10:00 – 10:15 am</b> Meditation jessica  <b>12:00pm</b> <sup>LES MILLS</sup> <b>BODYFLOW</b> michelle <b>7:00 pm</b> Vinyasa Flow debbie	
<b>Tuesday</b>	<b>10:30 am</b> Gentle Yoga(GF studio) lori <b>11:30 – 11:45 am</b> Meditation (GF studio) lori  <sup>LES MILLS</sup> <b>12:30 pm</b> <b>BODYFLOW</b> 30 min flexibility (GF studio) kim	<b>10:10 am</b> Gentle Yoga (75 min) ( <u>Eastwood Dr</u> ) katey	<b>6:00 am</b> <i>Flow Yoga jean</i>
<b>Wednesday</b>	<b>9:00 am</b> Gentle Yoga noelle	<b>10:00 am</b> Tai Chi & Qigong ( <u>Eastwood Dr</u> ) elizabeth <sup>LES MILLS</sup> <b>10:35 am</b> <b>BODYFLOW</b> michelle  <b>7:00 pm</b> Ashtanga Inspired debbie	
<b>Thursday</b>	<b>10:30 am</b> Gentle Yoga jim d  <b>6:00 pm</b> Sivananda hedii (90 min)	<sup>LES MILLS</sup> <b>9:05 am</b> <b>BODYFLOW</b> (studio 1) jessy <b>10:10 am</b> Gentle Yoga ( <u>Eastwood Dr</u> ) ashley	<b>6:00 am</b> Vinyasa Flow debbie
<b>Friday</b>	<b>9:45 am</b> <i>Yoga* noelle (75 min)</i>	<sup>LES MILLS</sup> <b>5:15pm</b> <b>BODYFLOW</b> jenn t	
<b>Saturday</b>	<sup>LES MILLS</sup> <b>10:15 am</b> <b>BODYFLOW</b> (GF studio) jessy	<b>9:10 -10:10am</b> Core Strength & Flexibility (studio 1) janet f.	
<b>Sunday</b>	<b>8:45 am</b> Flow Yoga (75 min) lori	<b>10:00 am</b> <i>Yoga (75 min) Emily (starts Sept 9<sup>th</sup>)</i>	<sup>LES MILLS</sup> <b>9:20 am</b> <b>BODYFLOW</b> caitlin

\*not recommended for beginners

## Class Descriptions

- Gentle Yoga-** An opportunity to create unity, oneness and connection allowing us to explore ways to become aligned, balanced and centered. Very relaxing. Appropriate for everyone.
- Astanga Inspired-** Focus on breathing, muscle tone, balance, relaxation and flexibility in this inspiring class.
- Flow Yoga** Flow yoga is a beginner-intermediate level class that moves the body in unison with the breath. Time is taken to focus on body, mind and spirit. A full range of postures are explored and class starts slowly and gradually climbs to a peak then a gradual descent ending with relaxation.
- Vinyasa Flow-** An eclectic blend of a variety of yoga traditions. Flexibility in the body promotes flexibility in the mind. Breath by breath and movement by movement we become fully present in the moment.
- Yoga-** Listing indicates instructor choice. Class may be modified dependant on attendees.
- Sivananda Yoga-** Yoga for the body, mind & soul. Includes pranayana (science of breath), all the asanas (postures), relaxation & meditation.
- Meditation -** Provides an introduction to several methods of meditation. Personal time allowed. Open to everyone.
- Core Strength & Flex.-** Improve core strength, flexibility, and range of motion through a variety of functional strength exercises. We will use a variety of equipment such as stability balls, hand weights, and tubing. All fitness levels welcome.
- Tai Chi/Qigong:** One of the oldest exercise methods is practiced around the world for its many health and relaxation benefits. Slow, gentle and relaxed movements are combined with focused, deep breathing. Suitable for all ages and fitness levels.

### **LES MILLS BODYFLOW**

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**Schedules are subject to change. Classes are 1 hour unless otherwise noted. Classes may be cancelled if there are less than 3 participants.**

**DO NOT enter the studio after class has begun; NO outdoor shoes in the studio.**

Check our website for schedules and updates [www.edgevt.com](http://www.edgevt.com)

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