



The North Shore Yoga Co-Op

CLASS DESCRIPTIONS

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

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.

Yoga Basics: Breakdown of the postures to help with alignment and understanding, helpful for those new to yoga as well as more advanced students who wish to deepen their technique. Standing postures, some flow sequences, balances and floor postures. A nice overview of a hatha practice.

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.

Yin & Breath: Yin postures followed with a sequence of breathing techniques to help concentration, increase your breathing capacity, reduce stress, and help you relax!

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.

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.

Gentle Yoga and Meditation: Slow relaxing postures to create flexibility and openness as well as basic pranayama (life energy control) which prepares the mind and body for 10 minute seated meditation. A sharing from the Yoga Sutras will also be included.

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

Shadow Yoga: is a progressive form of hatha yoga blending common preparatory exercises shared between dance, martial arts and nature. Contact Mara for more information: mara@jasmineyoga.com / 808-561-9639

Pregnancy Yoga: Develop your acceptance of the present and calmly prepare for what is to come. 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!

LOCATED IN WAIALUA

Weinberg Community Center

67-174 Farrington Hwy. Waialua, HI 96791

2nd left after Waialua High School (towards Ka'ena point)

At the United Church of Christ in the
Weinberg Community Center in back.

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

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