

SUN	MON	TUES	WED	THURS	FRI	SAT
	<p>1</p> <p>10AM (90mins) [STUDIO A] YANG/YIN (Karen)</p> <p>HAPPY NEW YEAR!!</p> <p>REDUCED/HOLIDAY SCHEDULE</p>	<p>2</p> <p>7AM (60mins) [STUDIO A] SY (Karen)</p> <p>5:15PM (60mins) [STUDIO A] SY (Karen)</p> <p>REDUCED/HOLIDAY SCHEDULE</p>	<p>3</p> <p>7AM (60mins) [STUDIO A] SY (Karen)</p> <p>5:30PM (60mins) [STUDIO A] CORE (Karen) 6PM (75mins) [STUDIO B] Therapeutic Hatha (Michelle)</p> <p>7:30PM (60mins) [STUDIO B] LAGNIAPPE Sangha (Julia) *TT\$20 OR USE PASS*</p>	<p>4</p> <p>7AM (60mins) [STUDIO A] SY (Karen)</p> <p>5:15PM (75mins) [STUDIO A] YANG/YIN (Karen)</p> <p>6:45PM (90mins) [STUDIO A] V2/FFLOW (Karen) *PRE-REGISTRATION REQUIRED*</p> <p>7:30PM (60mins) [STUDIO B] YOGA 4 DUDES (Stephen) *PAY WHAT YOU CAN*</p>	<p>5</p> <p>7AM (60mins) [STUDIO A] SY (Karen)</p> <p>6PM (60mins) [STUDIO A] Kundalini (Hari Sant)</p> <p>6PM (60mins) [ROOFTOP] SUNSET VIBEZ (Karen) *PAY WHAT YOU CAN OR FREE!</p>	<p>6</p> <p>7:15AM (90mins) [STUDIO A] YANG/YIN (Karen)</p> <p>10:15AM *SPECIALTY CLASS* (60mins) [STUDIO B] BELLY DANCE (Marina) *PRE-REGISTRATION REQUIRED – TT\$100 AND NOT INCLUDED WITH A PASS*</p> <p>11:15AM *SPECIAL CLASS* (2HRS) [STUDIO A] Relax, Renew & Restore! PART 1 (Karen) *PRE-REGISTRATION REQUIRED – TT\$80 OR PAY \$25 WITH PASS*</p> <p>1PM *SPECIALTY CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>5PM (60mins) [STUDIO A] LAGNIAPPE Kemetec (Zahra) *TT\$20 OR USE CLASS PASS*</p>
<p>7</p> <p>10AM (90mins) YANG/YIN (Karen) [STUDIO A]</p> <p>1PM *WORKSHOP* (2HRS) [STUDIO A] 30-DAY PRE-CARNIVAL CHALLENGE NUTRITION COACHING SESSION (Titan Fitness) *INCLUDED WITH CHALLENGE PASS OR DROP-IN TT\$400*</p> <p>3PM (2HRS) [STUDIO A] MEDITATION (Bodhicharya) *BY DONATION*</p> <p>5PM (60mins) [STUDIO A] LAGNIAPPE Sangha (Michelle) *TT\$20 OR USE PASS*</p> <p>FULL SCHEDULE BEGINS THIS WEEK!!! →→→→</p>	<p>8</p> <p>7AM (60mins) [STUDIO A] SY (Marina)</p> <p>12NOON (60mins) [STUDIO A] FUSION (Jacob)</p> <p>4:30PM (60mins) [STUDIO B] LAGNIAPPE SANGHA (Michelle) *TT\$20 OR USE PASS*</p> <p>5:30PM (60mins) [STUDIO A] FFLOW (Karen) 5:45PM *NEW* (60mins) [STUDIO B] TAI CHI (Master Gee)</p> <p>6:45PM *NEW* (75mins) [STUDIO A] BEGINNER AERIAL (Michelle) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>7PM (90mins) [STUDIO B] YIN YOGA/S+M (Karen)</p> <p>PRE-CARNIVAL 30-DAY CHALLENGE BEGINS!!!</p>	<p>9</p> <p>6AM *NEW* (60mins) [STUDIO B] SY (Karen)</p> <p>7AM (60mins) [STUDIO A] SY (Rita)</p> <p>9AM *SPECIALTY CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>10AM (75mins) [STUDIO A] YANG/YIN (Michelle)</p> <p>5PM *NEW* (60mins) [STUDIO B] YOGA 4 DUDES (Stephen)</p> <p>5:15PM (60mins) [STUDIO A] SY (Karen)</p> <p>6:15PM (60mins) [STUDIO B] SY (Natasha)</p> <p>6:30PM (90mins) [STUDIO A] V2/FFLOW (Karen) *PRE-REGISTRATION REQUIRED*</p> <p>7:30PM (60mins) [STUDIO B] LAGNIAPPE Sangha (Adam) *TT\$20 OR USE PASS*</p>	<p>10</p> <p>6AM *NEW* (60mins) [STUDIO B/Rooftop] Resistance Movement (Titan Fitness) *INCLUDED WITH CHALLENGE PASS OR DROP-IN TT\$80 OR TT\$25 WITH PASS*</p> <p>7AM (60mins) [STUDIO A] SY (Michelle)</p> <p>10AM *NEW* (75mins) [STUDIO A] AERIAL (Karen) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>12NOON (60mins) [STUDIO A] FUSION (Jacob)</p> <p>4:30PM (60mins) [STUDIO B] LAGNIAPPE SANGHA (Isoko) *TT\$20 OR USE CLASS PASS*</p> <p>5:30PM (60mins) [STUDIO A] CORE (Karen)</p> <p>5:45PM *NEW* (75mins) [STUDIO B] Therapeutic Hatha (Michelle)</p> <p>6:45PM *NEW* (75mins) [STUDIO A] Resistance Movement (Titan Fitness) *INCLUDED WITH CHALLENGE PASS OR DROP-IN TT\$80 OR TT\$25 WITH PASS*</p> <p>7:15PM (60mins) [STUDIO B] LAGNIAPPE Sangha (Julia) *TT\$20 OR USE PASS*</p>	<p>11</p> <p>6AM *NEW* (60mins) [STUDIO B] SY (Karen)</p> <p>7AM (60mins) [STUDIO A] SY (Adam)</p> <p>10AM (75mins) [STUDIO A] Therapeutic Hatha (Michelle)</p> <p>5:15PM *NEW* (75mins) [STUDIO A] AERIAL (Karen) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>6:15PM (60mins) [STUDIO B] PILATES (TBC)</p> <p>6:45PM (90mins) [STUDIO A] V2/FFLOW (Karen) *PRE-REGISTRATION REQUIRED*</p> <p>7:30PM (60mins) [STUDIO B] YOGA 4 DUDES (Stephen) *PAY WHAT YOU CAN*</p>	<p>12</p> <p>7AM (60mins) [STUDIO A] SY (Rita)</p> <p>5PM *SPECIAL CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>6PM (60mins) [STUDIO A] Kundalini (Hari Sant)</p> <p>6PM (60mins) [ROOFTOP] SUNSET VIBEZ (Karen) *PAY WHAT YOU CAN OR FREE!</p>	<p>13</p> <p>7:15AM (90mins) [STUDIO A] YANG/YIN (Karen)</p> <p>9AM (60mins) [STUDIO B] PILATES (TBC)</p> <p>9:30AM *NEW* (75mins) [STUDIO A] AERIAL (Karen) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>10:15AM *SPECIALTY CLASS* (60mins) [STUDIO B] BELLY DANCE (Marina) *PRE-REGISTRATION REQUIRED – TT\$100 AND NOT INCLUDED WITH A PASS*</p> <p>11:15AM *SPECIAL CLASS* (2HRS) [STUDIO A] Relax, Renew & Restore! PART 2 (Karen) *PRE-REGISTRATION REQUIRED – TT\$80 OR PAY \$25 WITH PASS*</p> <p>1PM *SPECIALTY CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>5PM (60mins) [STUDIO A] LAGNIAPPE Kemetec (Zahra) *TT\$20 OR USE CLASS PASS*</p>
<p>14</p> <p>10AM (90mins) YANG/YIN (Michelle) [STUDIO A]</p> <p>5PM (60mins) [STUDIO A] LAGNIAPPE Sangha (Melanie) *TT\$20 OR USE PASS*</p>	<p>15</p> <p>7AM (60mins) [STUDIO A] SY (Marina)</p> <p>12NOON (60mins) [STUDIO A] FUSION (Jacob)</p> <p>4:30PM (60mins) [STUDIO B] LAGNIAPPE SANGHA (Michelle) *TT\$20 OR USE PASS*</p> <p>5:30PM (60mins) [STUDIO A] FFLOW (Karen) 5:45PM *NEW* (60mins) [STUDIO B] TAI CHI (Master Gee)</p> <p>6:45PM *NEW* (75mins) [STUDIO B] BEGINNER AERIAL (Michelle) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>7PM (90mins) [STUDIO B] YIN YOGA/S+M (Karen)</p>	<p>16</p> <p>6AM *NEW* (60mins) [STUDIO B] SY (Karen)</p> <p>7AM (60mins) [STUDIO A] SY (Doreen)</p> <p>9AM *SPECIALTY CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>10AM (75mins) [STUDIO A] YANG/YIN (Michelle)</p> <p>5PM *NEW* (60mins) [STUDIO B] YOGA 4 DUDES (Stephen)</p> <p>5:15PM (60mins) [STUDIO A] SY (Karen)</p> <p>6:15PM (60mins) [STUDIO B] SY (Natasha)</p> <p>6:30PM (90mins) [STUDIO A] V2/FFLOW (Karen) *PRE-REGISTRATION REQUIRED*</p> <p>7:30PM (60mins) [STUDIO B] LAGNIAPPE Sangha (Adam) *TT\$20 OR USE PASS*</p>	<p>17</p> <p>6AM *NEW* (60mins) [STUDIO B/Rooftop] Resistance Movement (Titan Fitness) *INCLUDED WITH CHALLENGE PASS OR DROP-IN TT\$80 OR TT\$25 WITH PASS*</p> <p>7AM (60mins) [STUDIO A] SY (Rita)</p> <p>10AM *NEW* (75mins) [STUDIO A] AERIAL (Karen) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>12NOON (60mins) [STUDIO A] FUSION (Jacob)</p> <p>4:30PM (60mins) [STUDIO B] LAGNIAPPE SANGHA (Marina) *TT\$20 OR USE CLASS PASS*</p> <p>5:30PM (60mins) [STUDIO A] CORE (Karen)</p> <p>5:45PM *NEW* (75mins) [STUDIO B] Therapeutic Hatha (Doreen)</p> <p>6:45PM *NEW* (75mins) [STUDIO A] Resistance Movement (Titan Fitness) *INCLUDED WITH CHALLENGE PASS OR DROP-IN TT\$80 OR TT\$25 WITH PASS*</p> <p>7:15PM (60mins) [STUDIO B] LAGNIAPPE Sangha (Julia) *TT\$20 OR USE PASS*</p>	<p>18</p> <p>6AM *NEW* (60mins) [STUDIO B] SY (Karen)</p> <p>7AM (60mins) [STUDIO A] SY (Adam)</p> <p>10AM (75mins) [STUDIO A] Therapeutic Hatha (Michelle)</p> <p>5:15PM *NEW* (75mins) [STUDIO A] AERIAL (Karen) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>6:15PM (60mins) [STUDIO B] PILATES (Nicola)</p> <p>6:45PM (90mins) [STUDIO A] V2/FFLOW (Karen) *PRE-REGISTRATION REQUIRED*</p> <p>7:30PM (60mins) [STUDIO B] YOGA 4 DUDES (Stephen) *PAY WHAT YOU CAN*</p>	<p>19</p> <p>7AM (60mins) [STUDIO A] SY (Isoko)</p> <p>5PM *SPECIALTY CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>6PM (60mins) [STUDIO A] Kundalini (Hari Sant)</p> <p>6PM (60mins) [ROOFTOP] SUNSET VIBEZ (Karen) *PAY WHAT YOU CAN OR FREE!</p>	<p>20</p> <p>7:15AM (90mins) [STUDIO A] YANG/YIN (Karen)</p> <p>9AM (60mins) [STUDIO B] PILATES (Nicola)</p> <p>9AM *WORKSHOP* (7HRS) [STUDIO A] INTRO REFLEXOLOGY TRAINING (Shivana)</p> <p>10:15AM *SPECIALTY CLASS* (60mins) [STUDIO B] BELLY DANCE (Marina) *PRE-REGISTRATION REQUIRED – TT\$100 AND NOT INCLUDED WITH A PASS*</p> <p>11:15AM (90mins) [STUDIO B] Deep Release (Jacob)</p> <p>1PM *SPECIALTY CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>5PM (60mins) [STUDIO A] LAGNIAPPE Kemetec (Zahra) *TT\$20 OR USE CLASS PASS*</p> <p>6:15PM *NEW* (75mins) [STUDIO A] AERIAL (Michelle) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p>

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<p>21</p> <p>10AM (90mins) YANG/YIN (Karen) [STUDIO A]</p> <p>3PM (2HRS) [STUDIO A] MEDITATION (Bodhicharya) *BY DONATION*</p> <p>5PM (60mins) [STUDIO A] LAGNIAPPE Sangha (Melanie) *TT\$20 OR USE PASS*</p>	<p>22</p> <p>7AM (60mins) [STUDIO A] SY (Melanie)</p> <p>12NOON (60mins) [STUDIO A] FUSION (Jacob)</p> <p>4:30PM (60mins) [STUDIO B] LAGNIAPPE SANGHA (Marina) *TT\$20 OR USE PASS*</p> <p>5:30PM (60mins) [STUDIO A] FFLOW (Karen) 5:45PM*NEW* (60mins) [STUDIO B] TAI CHI (Master Gee)</p> <p>6:45PM*NEW*(75mins) [STUDIO A] BEGINNER AERIAL (Michelle) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>7PM (90mins) [STUDIO B] YIN YOGA/S+M (Karen)</p>	<p>23</p> <p>6AM*NEW*(60mins) [STUDIO B] SY (Karen) 7AM (60mins) [STUDIO A] SY (Rita) 9AM*SPECIALTY CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>10AM (75mins) [STUDIO A] YANG/YIN (Michelle)</p> <p>5PM*NEW*(60mins) [STUDIO B] YOGA 4 DUDES (Stephen)</p> <p>5:15PM (60mins) [STUDIO A] SY (Karen) 6:15PM (60mins) [STUDIO B] SY (Natasha) 6:30PM (90mins) [STUDIO A] V2/FFLOW (Karen) *PRE-REGISTRATION REQUIRED*</p> <p>7:30PM (60mins) [STUDIO B] LAGNIAPPE Sangha (Adam) *TT\$20 OR USE PASS*</p>	<p>24</p> <p>6AM*NEW*(60mins) [STUDIO B/Rooftop] Resistance Movement (Titan Fitness) *INCLUDED WITH CHALLENGE PASS OR DROP-IN TT\$80 OR TT\$25 WITH PASS*</p> <p>7AM (60mins) [STUDIO A] SY (Isoke)</p> <p>10AM*NEW*(75mins) [STUDIO A] AERIAL (Karen) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>12NOON (60mins) [STUDIO A] FUSION (Jacob)</p> <p>4:30PM (60mins) [STUDIO B] LAGNIAPPE SANGHA (Isoke) *TT\$20 OR USE CLASS PASS*</p> <p>5:30PM (60mins) [STUDIO A] CORE (Karen) 5:45PM*NEW*(75mins) [STUDIO B] Therapeutic Hatha (Doreen) 6:45PM*NEW*(75mins) [STUDIO A] Resistance Movement (Titan Fitness) *INCLUDED WITH CHALLENGE PASS OR DROP-IN TT\$100 OR TT\$25 WITH PASS*</p> <p>7:15PM (60mins) [STUDIO B] LAGNIAPPE Sangha (Julia) *TT\$20 OR USE PASS*</p>	<p>25</p> <p>6AM*NEW* (60mins) [STUDIO B] SY (Karen) 7AM (60mins) [STUDIO A] SY (Isoke)</p> <p>10AM (75mins) [STUDIO A] Therapeutic Hatha (Michelle)</p> <p>5:15PM*NEW* (75mins) [STUDIO A] AERIAL (Karen) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>6:15PM (60mins) [STUDIO B] PILATES (TBC) 6:45PM (90mins) [STUDIO A] V2/FFLOW (Karen) *PRE-REGISTRATION REQUIRED*</p> <p>7:30PM (60mins) [STUDIO B] YOGA 4 DUDES (Stephen) *PAY WHAT YOU CAN*</p>	<p>26</p> <p>7AM (60mins) [STUDIO A] SY (Karen)</p> <p>5PM*SPECIALTY CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>6PM (60mins) [STUDIO A] Kundalini (Hari Sant)</p> <p>6PM (60mins) [ROOFTOP] SUNSET VIBEZ (Karen) *PAY WHAT YOU CAN OR FREE!</p>	<p>27</p> <p>7:15AM (90mins) [STUDIO A] YANG/YIN (Karen) 9AM (60mins) [STUDIO B] PILATES (TBC) 9AM*WORKSHOP*(7HRS) [STUDIO A] REFLEXOLOGY TRAINING LEVEL 1 (Shivana)</p> <p>10:15AM*SPECIALTY CLASS* (60mins) [STUDIO B] BELLY DANCE (Marina) *PRE-REGISTRATION REQUIRED – TT\$100 AND NOT INCLUDED WITH A PASS*</p> <p>11:15AM (90mins) [STUDIO B] Yin Yoga / S&M (Karen) 1PM*SPECIALTY CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>5PM (60mins) [STUDIO A] LAGNIAPPE Kemetic (Zahra) *TT\$20 OR USE CLASS PASS*</p> <p>6:15PM*NEW*(75mins) [STUDIO A] AERIAL (Michelle) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p>
<p>28</p> <p>10AM (90mins) YANG/YIN (Michelle) [STUDIO A]</p> <p>12NOON*WORKSHOP* (5HRS) [STUDIO A] REFLEXOLOGY TRAINING LEVEL 1 (Shivana)</p> <p>5PM (60mins) [STUDIO A] LAGNIAPPE Sangha (Marina) *TT\$20 OR USE PASS*</p>	<p>29</p> <p>7AM (60mins) [STUDIO A] SY (Karen)</p> <p>12NOON (60mins) [STUDIO A] FUSION (Jacob)</p> <p>4:30PM (60mins) [STUDIO B] LAGNIAPPE SANGHA (Isoke) *TT\$20 OR USE PASS*</p> <p>5:30PM (60mins) [STUDIO A] FFLOW (Karen) 5:45PM*NEW* (60mins) [STUDIO B] TAI CHI (Master Gee)</p> <p>6:45PM*NEW*(75mins) [STUDIO A] BEGINNER AERIAL (Michelle) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>7PM*NEW*(90mins) [STUDIO B] YIN YOGA/S+M (Karen)</p>	<p>30</p> <p>6AM*NEW*(60mins) [STUDIO B] SY (Karen) 7AM (60mins) [STUDIO A] SY (Doreen) 9AM*SPECIALTY CLASS* (3HRS) [STUDIO B] ACTING CLASSES (Steven) *CONTACT DIRECTLY Check Class Description for details and contact info*</p> <p>10AM (75mins) [STUDIO A] YANG/YIN (Michelle)</p> <p>5PM*NEW*(60mins) [STUDIO B] YOGA 4 DUDES (Stephen)</p> <p>5:15PM (60mins) [STUDIO A] SY (Karen) 6:15PM (60mins) [STUDIO B] SY (Natasha) 6:30PM (90mins) [STUDIO A] V2/FFLOW (Karen) *PRE-REGISTRATION REQUIRED*</p> <p>7:30PM (60mins) [STUDIO B] LAGNIAPPE Sangha (Adam) *TT\$20 OR USE PASS*</p>	<p>31</p> <p>6AM*NEW*(60mins) [STUDIO B/Rooftop] Resistance Movement (Titan Fitness) *INCLUDED WITH CHALLENGE PASS OR DROP-IN TT\$80 OR TT\$25 WITH PASS*</p> <p>7AM (60mins) [STUDIO A] SY (Melanie)</p> <p>10AM*NEW*(75mins) [STUDIO A] AERIAL (Karen) *PRE-REGISTRATION REQUIRED – TT\$100 OR PAY \$25 WITH PASS*</p> <p>12NOON (60mins) [STUDIO A] FUSION (Jacob)</p> <p>4:30PM (60mins) [STUDIO B] LAGNIAPPE SANGHA (Marina) *TT\$20 OR USE PASS*</p> <p>5:30PM (60mins) [STUDIO A] CORE (Karen)</p> <p>5:45PM*NEW*(75mins) [STUDIO B] Therapeutic Hatha (Doreen)</p> <p>6:45PM*NEW*(75mins) [STUDIO A] Resistance Movement (Titan Fitness) *INCLUDED WITH CHALLENGE PASS OR DROP-IN TT\$80 OR TT\$25 WITH PASS*</p> <p>7:15PM*NEW*(60mins) [STUDIO B] LAGNIAPPE Sangha (Julia) *TT\$20 OR USE PASS*</p>	<p>THIS MONTH</p> <ul style="list-style-type: none"> OUR 30-DAY PRE-CARNIVAL CHALLENGE BEGINS – TUESDAY, JANUARY 9!!! PURCHASE OUR SPECIAL CHALLENGE PASS AND RECEIVE – 30 CLASSES FOR 30 DAYS, 4 RESISTANCE MOVEMENT CLASSES, A NUTRITION WORKSHOP, ONE (1) MASSAGE. VALUED AT TT\$1,600.00, BUT YOU PAY TT\$1,000.00 FIND OUT ABOUT OUR UNLIMITED YOGA PASS HOLIDAYS THIS MONTH: NEW YEAR'S DAY – JAN 1 REFLEXOLOGY WORKSHOPS THIS MONTH!!!! AERIAL YOGA IS BAAAAACK!! 6AM IS BACK BY REQUEST...NOW WE ARE ADDING 2 DAYS! ADDED 2 NEW SPECIALTY CLASSES – RESISTANCE MOVEMENT AND BELLY DANCE SPECIAL CLASS THIS MONTH – RESTORATIVE YOGA! NOW AT THE SANGHA TRINIDAD – THAI YOGA MASSAGE AND REFLEXOLOGY THERAPY. CALL TO BOOK NOW! APPOINTMENTS FROM 10AM TO 4PM WHATSAPP FOR DAILY CLASS UPDATES 730-YOGA (9642) 		

CLASS DESCRIPTIONS:

- **SANGHA YOGA SERIES ("SY" ON THE SCHEDULE) - OPEN TO ANYONE.** The SANGHA YOGA series evolved from the Moksha Yoga® series. It is a series of postures, based on the **Principles of Moksha Yoga®, which emphasizes long term safety of the spine.** The series works to stretch, strengthen and tone the muscles while detoxifying the body and calming the mind. No air conditioning or fans are used...instead we work with the heat of the room. Runs for 90mins, 75mins, or 60mins (length is indicated). **EVERYDAY.**
- **FUSION FLOW (FFLOW ON THE SCHEDULE).** A non-stop flowing class, with seamless transitions from one posture to the next, sometimes longer posture holds and based on the **Principles of Moksha Yoga®.** This class is a bit more challenging than a Sangha Yoga class. Each Flow class runs for 75mins. **MONDAY EVENINGS.**
- **VINYASA II/FFLOW – OPEN TO ANYONE WHO HAS TAKEN AT LEAST 4 FFLOW CLASSES.** Building on the FFlow class, this class is one of our most challenging classes. Still based on the **Principles of Moksha Yoga®,** in this class we learn to do headstands, handstands and build even more stamina and strength. While the Vinyasa II class is geared toward a more challenging level, FFlow practitioners can still attempt the class and can be further encouraged to attempt the more challenging variations of the poses. . Runs for 75mins. **V2 IS ON TUESDAY AND THURSDAY EVENINGS ONLY.**
- **FUSION YOGA - OPEN TO ANYONE.** This class includes simple warm up poses, and might include some downward dog flows (which we do in our Sangha Yoga series as well). It's a mish mash of yoga styles with a great emphasis on breath. Not to worry, modifications and/or variations are offered, if anyone has difficulty doing any of the poses. **MONDAY AND WEDNESDAY AT NOON AND WHEREVER INDICATED ON SCHEDULE.**
- **LAGNIAPPE SANGHA/FUSION – OPEN TO ANYONE. WHAT IS LAGNIAPPE?** la-gniappe [NOUN] Pronunciation: /lan´yap/ Definition: (French Creole): **A small gift given a customer by a merchant at the time of a purchase; Something given gratuitously or by way of good measure. The concept is practiced in many countries where community is the emphasis.** We've taken the concept of "Lagniappe" and just applied it to **The Sangha Yoga Series;** as such LAGNIAPPE SANGHA is simply **The SANGHA YOGA SERIES** which is based on **Principles of Moksha Yoga®** and LAGNIAPPE FUSION is simply a **FUSION CLASS.** The only difference with this class is the price..**IT'S AFFORDABLE YOGA...our gift to you!** ALL LAGNIAPPE CLASSES are TT\$20.00 **OR YOU CAN USE YOUR CLASS PASS!** Runs for 60mins. **MONDAY, WEDNESDAY AND SUNDAY EVENINGS**
- **LAGNIAPPE KEMETIC YOGA - OPEN TO ANYONE.** Taught by **ZAHRA DUNCOMBE – THE ONLY 500HR CERTIFIED KEMETIC YOGA INSTRUCTOR IN TRINIDAD,** KemetiC yoga places emphasis on rejuvenation of the entire body and mind and not just the physical development of muscles and flexibility. This system teaches you to ease yourself into a posture using control of your breath to flow from one movement to the next. The overall philosophy of this method of yoga also focuses on the movement of subtle energy, enhancing spinal alignment and geometric progression through each pose; taking inspiration from the science and philosophy of Ancient Kemet. Runs for 60mins. **SATURDAY EVENINGS.**
- **LAGNIAPPE YOGA 4 DUDES! - PLEASE NOTE: THIS IS A MALE ONLY CLASS AVAILABLE TO PRACTITIONERS FROM BEGINNER TO THOSE WHO PRACTICE MORE OFTEN TO THOSE WHO MAY BE INJURED OR SIMPLY NEED MORE INSTRUCTION.** With this class, our hope is to create an environment that will help men realize yoga isn't just for women. It's to create a safe zone for men to be inflexible and able to try without women to compare themselves to...no excuses guys! And ladies, please don't feel offended...it's not about creating jocks or segregation, it's about trying to help them be better men. So get your husbands, BFs, brothers, fathers, uncles, cousins, friends to come on out and try...this is an awesome class!! Runs for 60mins. **TUESDAY AND THURSDAY EVENINGS.**
- **CORE – OPEN TO ANYONE.** This class focuses on core strengthening only and based on all the core strengtheners practiced in all **SANGHA YOGA** classes which are based on the **Principles of Moksha Yoga®.** While most believe that core strength is just the abdominal area, by the time you finish this class you will understand that there is your upper core and lower core strength. You will not only discover both of these core areas, you will also learn to use them either in class or in your everyday life. The class ends with parts of the warm down elements of the **SANGHA YOGA SERIES.** This class is a great complement to anything you do in life! Runs for 60mins. **WEDNESDAY EVENINGS.**
- **PILATES – OPEN TO ANYONE.** Mat Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. While this does help with strengthening the core, it is also strengthens the hip flexors. Runs for 60mins. **THURSDAY EVENINGS AND SATURDAY MORNINGS**
- **YIN YOGA/STRENGTH AND MOBILITY ("YIN YOGA/S+M" ON THE SCHEDULE) - OPEN TO ANYONE.** This class focuses on stretching, flexibility of the deeper muscle tissue, and working with the ligaments and fascia. **WHAT IS FASCIA? Fascia, connective tissue...the packing material of the body. It envelops the muscles, bones and joints and holds us together supporting the body structure and giving us our shape. It provides protection and autonomy for the individual muscles and it joins and bonds.** This class also combines elements of strengthening and mobility that focus on movement exercises that help increase mobility and strength in the shoulders, hips, knees, back and even the feet. This class is even more excellent for runners and body builders. Only 9 to 10 postures...all done on the floor, but held for 3 to 5 or even 10mins. Runs for 90mins. **MONDAY AND SATURDAY MORNINGS.**
- **DEEP RELEASE – OPEN TO ANYONE.** This is a gentle class that is less sweaty and physically demanding. It will be a deep stretching class where postures will be held 3-5 minutes. In long endured holds we are able to access the ligaments and fascia as well as releasing the muscles. This class helps to balance out our system and calm our bodies and minds. A mixture of styles of Yin, Restorative and Therapeutic Yoga. Runs for 90mins. **SATURDAY MORNINGS.**
- **RESTORATIVE HATHA – OPEN TO ANYONE.** This class is being taught by an instructor who knows injuries after having suffered many in her lifetime. She also healed many of her injuries with this practice. As such this class will be taught with care and full awareness of those injuries especially to the wrists, the knees, the hips and the ankles. There are only a few poses in this HATHA class, with less Downward Dogs and a great focus on restorative poses to help with rehabilitation. Runs for 75 or 90mins. **THURSDAY AND SATURDAY MORNINGS, MONDAY AND WEDNESDAY EVENINGS.**
- **THERAPEUTIC HATHA YOGA - SENIORS FRIENDLY/A LITTLE MORE CHALLENGING – OPEN TO ANYONE.** The THERAPEUTIC HATHA class is a workshop class where individual poses are reviewed. The theme each week is either focused on STRENGTH AND FLEXIBILITY or STRENGTH AND BALANCE. There is also a warm up in the beginning to get your body warmed up. This class is a great introductory class for students who wish to learn the basics of Hatha Yoga Poses, those who have never done yoga before and even for those who may be working with injuries and are in need of a more rehabilitative slower pace. Runs for 60mins. **WEDNESDAY EVENINGS, THURSDAY MORNINGS AND SATURDAY EVENINGS.**
- **YANG/YIN - OPEN TO ANYONE.** Ever heard of Ying Yang? Well in yoga, YANG means effort and YIN is the opposite. Welcome to YANG/YIN! This is a combination class where there is lots of yang effort that can be challenging, but still beginner-friendly, for the first part of the class. The rest of the class incorporates stretching, other Yin-like poses and even use the YOGA TUNE-UP® THERAPY BALLS to bring the class to total relaxation. This class helps to balance out our system and calm our body and mind. It's a great way to end your week and an even awesome way to begin your week! Runs for 90mins. **THURSDAY EVENINGS, SATURDAY, SUNDAY AND ANY HOLIDAY MORNINGS.**
- ***NEW* AERIAL YOGA IS BAAAACK! OPEN TO ANYONE.** AERIAL YOGA uses the Aerial Sling for support. Imagine having a partner assisting you throughout class. It helps to take the stress off of your joints, create space along the spine and the pelvis and allows you to build strength with support. PLEASE NOTE: This class CAN INCLUDE INVERSIONS, but you can choose not to do them. If you have high blood pressure however or suffer from Vertigo, it is advisable that you don't take this class. Runs for 60mins. or 75mins., as indicated. Check online for all our available Aerial Pass options! **MONDAY AND THURSDAY EVENINGS, WEDNESDAY AND SATURDAY MORNINGS. **SPACE IS LIMITED. PRE-REGISTRATION IS REQUIRED.****
- ***NEW* RESISTANCE MOVEMENT – OPEN TO ANYONE.** Certified Personal Trainer - Nicholas Griffith of Titan Fitness – brings us **RESISTANCE MOVEMENT!** Resistance bands are used to provide resistance in a very unique way. The bands cause the recruitment of more contractile tissue (tissue capable of contraction). In a very short time, the muscle fibres are recruited, fatiguing the muscle group quicker. The time under tension is also increased, meaning the muscles do more work in a very unconventional way, the training effect takes place in a shorter period of time. The class runs for 60mins. TT\$25.00 per class with a Pass OR \$80 drop-in. **WEDNESDAYS AT 6AM and 6:45PM**
- ***NEW* TAI CHI - OPEN TO ANYONE.** Taught by MASTER GEE – TAI CHI TEACHER FOR OVER 30 YEARS, Tai chi or Tai Ji (as it is properly pronounced) is a non-competitive martial art known for both its self-defense techniques and its health benefits. Tai chi is an ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety, a form of "meditation in motion." Advocates claim that it promotes serenity and inner peace. **Runs for 60mins. MONDAY EVENINGS**
- **OUR ROOFTOP SERIES! - Sooo we have access to a rooftop...annndd what does one do when they have a rooftop? Why use it for yoga of course...just because we can...KEWL!!!**
 - **SUNSET VIBEZ! – OPEN TO ANYONE.** This class is the exact opposite to our Rise 'n' Shine class...the intention is to help you unwind from your week. It will either give you a burst of energy for your night ahead and weekend ahead or feel like you are drinking the most awesomest cup of chamomile tea! It is also based on our Fusion Class drawing from a variety of styles, but yet still keeping it accessible for any level of practice. **The extra bonus for this class is that it is a PAY-WHAT-YOU-CAN OR IT'S FREE! Class. That's right, we leave it up to you to see if you can pay...if not, it's FREE!** Runs for 60mins. **FRIDAY EVENINGS.**
- **MEDITATION – OPEN TO ANYONE.** These sessions are meant to offer you a mental retreat. Sitting in silence is great way to re-calibrate YOU and get you ready for the week ahead...check in and tune in to breath and stillness. If you have never tried sitting before it is also a great way and time to begin. **Here is how the session runs: We sit for about 25mins, then we do a Walking Meditation for about 10mins. Then we do tea and snack. Then we have our Dharma Talk. It's a pay-by-donation session.** Runs for 2HRS. in total. **SUNDAY AFTERNOONS AS INDICATED.**
- **KUNDALINI – OPEN TO ANYONE.** Kundalini Yoga as taught by Yogi Bhajan, Ph.D, Master of kundalini Yoga, is a technology that works on the glandular system. It uses movement, sound current, breath and meditation to relax and heal your mind and body, allowing the spirit to flow freely. By stimulating the nervous and immune systems Kundalini Yoga increases strength and brings a greater feeling of well-being and happiness. It also centers the mind to bring clarity and facilitates open heartedness. Benefits are experienced from the very first class. Runs for 60mins. **FRIDAY EVENINGS.**
- ***TRAININGS*** The Sangha Trinidad presents: **An Introduction to Reflexology and Level 1 Reflexology with Shivana Inalsingh!** www.sanghayogatrinidad.com/reflexologytraining . **REGISTER NOW**
- ***WORKSHOPS* - OPEN TO ANYONE.** Certified Personal Trainer and Dietician - Nicholas Griffith of Titan Fitness – brings us a **NUTRITION WORKSHOP** to help us with our 30-DAY PRE-CARNIVAL CHALLENGE! We will get tips on what works best, quick meal tips for those of us on the go as we work toward our better selves! Bring it 2018! Runs for 2HRS. ***INCLUDED WITH CHALLENGE PASS OR DROP-IN TT\$400* SUNDAY, JANUARY 7, AT 1PM**
- ***SPECIALTY/SPECIAL CLASSES*** This month we introduce 2 specialty classes and 2 special classes
 - ***SPECIALTY* BELLY DANCE – OPEN TO ANYONE.** Shimmy your way to fitness with Certified Dance Teacher Marina Louis. Learn the sensual art of belly dance in a fun environment while getting into shape. **Your first class is FREE!** \$350 per month OR TT\$100.00 drop-in. Runs for 60mins. **SATURDAY MORNINGS **PRE-REGISTRATION IS REQUESTED.****
 - ***SPECIALTY* ACTING CLASSES.** Acting Classes. For more information contact STEVEN EDWARDS ACTING CLASSES at theatrefortotstoteens@gmail.com
 - ***SPECIAL* RESTORATIVE YOGA – OPEN TO ANYONE.** A **Restorative Yoga** sequence typically involves only five or six poses, supported by props that allow you to completely relax and rest. Held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle backbends. The practice calms the mind and nervous system, enable you to turn inward, and focus on the breath, as a result no music is played in order to reduce any distractions. **Please bring two (2) flannel blankets or any thick blanket or bed spread; one (1) hand towel, two (2) medium to firm cushions, one (1) medium to firm pillow, two (2) yoga blocks and one (1) strap**

OTHER DESCRIPTIONS:

- **WHAT ARE SPECIALTY/SPECIAL CLASSES?**
Classes taught by workshop teachers who manage the classes themselves. There is an additional cost and might include a discount with a Class Pass. Classes usually run for 60mins.
- **WHAT ARE WORKSHOPS?**
Sessions that include more detail and instruction than you would get during a regular class. There is a higher fee, dependent on the teacher and the content. These usually run for 1HR. to 2HRS.
- **WHAT ARE GUEST TEACHER CLASSES?**
These teachers can be from up the islands or even international. **No extra fee is due.** Classes usually run for 60mins.

***START TODAY AND GET A 30-DAY TRIAL FOR TT\$100.00 (UNLIMITED CLASSES, ANY DAY, ANY TIME) OR A 2-WEEK TRIAL FOR TT\$60.00 (UNLIMITED CLASSES, ANY DAY, ANY TIME)**

For more information on SANGHA YOGA and any of our other classes, please contact us at:

PHONE: (868) HOT-YOGA (468-9642) | EMAIL: manager@sanghayogatrinidad.com

WHATSAPP: 730-YOGA (9642) | Visit our website at www.sanghayogatrinidad.com