

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>THIS MONTH:</p> <ul style="list-style-type: none"> AERIAL AND CORE ARE BAAAAAAAACK! MARINA AND MELANIE ARE BOTH BACK ON THE SCHEDULE!!! CLASS LEGEND: <ul style="list-style-type: none"> MIXED = IN-STUDIO + ZOOM IS ALSO AVAILABLE (INSTRUCTOR COULD BE ONLINE OR IN-STUDIO) ZOOM ONLY = NO IN-STUDIO PRACTICE STUDIO A ONLY = ZOOM IS NOT AVAILABLE YOGI ROLL CALL PASS: FOR THOSE WHO HAVEN'T BEEN AROUND SINCE AUGUST 2017...SINCE OUR DAYS AT WOODBROOK YOUTH FACILITY AND EARLIER, DURING OUR MOKSHA YOGA TRINIDAD DAYS! IT'S LIKE OUR 30-DAY TRIAL PASS, BUT NOT *WINK* TT\$150 AND INCLUDES AERIAL AND PILATES! NOW'S YOUR CHANCE TO GIVE US ANOTHER CHANCE! TRY OUT OUR NEW DIGS...SEE HOW OUR STYLE OF YOGA HAS CHANGED, SIMPLY USE THIS AS AN EXCUSE TO GET BACK ON THE HORSE! AUTO-RENEW YEAR PASS: YOU COMMIT VIA A CONTRACT, YOU GET THE MONTHLY BENEFIT, YOU CAN STILL FREEZE YOUR PASS...ONLY \$325 PER MONTH!! PLEASE NOTE: ALL PASSES FROM A 10CC AND UP, INCLUDING THE 30-DAY TRIAL PASS ONLY, INCLUDES PILATES AND AERIAL WITH NO EXTRA FEE. WHATSAPP FOR DAILY CLASS UPDATES 730-YOGA (9642) 				1	2	3
				<p>6AM (60mins) [ZOOM ONLY] FUSION (Danea)</p> <p>8AM (60mins) [ZOOM ONLY] SANGHA YOGA (Nadia)</p> <p>11AM (60mins) [STUDIO A] PRIVATE (Karen)</p> <p>2:45PM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>4:30PM (60mins) [ZOOM ONLY] PILATES (Nathalia)</p> <p>6PM (90mins) [MIXED] SANGHA YOGA (Karen)</p>	<p>6AM*NEW* (60mins) [ZOOM ONLY] SANGHA YOGA (Marina)</p> <p>6:30AM (60mins) [ZOOM ONLY] PRIVATE (Karen)</p> <p>4PM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>6PM (60mins) [ZOOM ONLY] Kundalini (Harisant) *WHATSAPP FOR CODE INFO AT 363-6852. IF YOU HAVE A SANGHA PASS - \$30TT AND IF NOT A DROP-IN IS \$60TT**</p>	<p>8AM (75mins) [MIXED] YANG/YIN (Karen)</p> <p>9:30AM (60mins) [MIXED] PILATES (Nathalia)</p> <p>10AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>NO YIN YOGA TODAY</p> <p>11:15AM (60mins) [ON-SITE] PRIVATE (Karen)</p>
4	5	6	7	8	9	10
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CLASS DESCRIPTIONS:

- **SANGHA YOGA (“SY” ON THE SCHEDULE) - OPEN TO ANYONE.** SANGHA YOGA is a series of postures, based on the Hatha yoga lineage, which emphasizes the long term safety of the spine and pain-free movement of the body. The series works to stretch, strengthen and tone the muscles while detoxifying the body and calming the mind. **PLEASE NOTE:** There are no headstands or handstands, the series is meant to be VERY accessible to all levels from absolute beginners, while still challenging for any experienced practitioner and most of all FUN! 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).** **VARIOUS DAYS.** SANGHA YOGA+ is just a wee bit...teency bit more challenging *grin*
- **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 same **Principles of Sangha Yoga**. This class is a bit more challenging than a Sangha Yoga class. Each Flow class **runs for 60mins. AS INDICATED.**
- **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. **Runs for 60mins. AS INDICATED.**
- **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 same **Principles of Sangha 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 90mins. TUESDAY EVENING.**
- **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 Sangha 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. This class is a great complement to anything you do in life! **Runs for 60mins. WEDNESDAY EVENING.**
- **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. WEDNESDAY MORNING, THURSDAY AFTERNOON AND SATURDAY MORNING.**
- **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 75mins/90mins. MONDAY AND WEDNESDAY NIGHT, AND SATURDAY MORNING**
- **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. SATURDAYS, SUNDAYS AND HOLIDAYS**
- **AERIAL YOGA - 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 **WILL 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 90mins or 75mins., as indicated. Check online for all our available Aerial Pass options!** **WEDNESDAY EVENING**
- **LAGNIAPPE SANGHA – 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** 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. WEDNESDAY AFTERNOON.**
- **OUR MEDITATION SERIES – OPEN TO ANYONE.**
 - **TIBETAN BUDDHISM:** 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. CONTACT JULIAN FOR MORE INFORMATION AT (868) 783-3791**
 - **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. *WHATSAPP FOR CODE INFO AT 363-6852. IF YOU HAVE A SANGHA PASS - \$30TT AND IF NOT A DROP-IN IS \$60TT*. WEDNESDAY AND FRIDAY EVENING.**

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