

SUN	MON	TUES	WED	THURS	FRI	SAT
	<p>1 6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>7:15AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>8:30AM (45mins) [ON-SITE] PRIVATE (Karen)</p> <p>9:30AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>4:30PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>5:45PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>6:30PM (60mins) [BUSH MOUNTAIN POOL DECK] SANGHA YOGA (Michelle) *ONLY TT\$45 DROP-IN AND GIVES YOU ACCESS TO THE POOL AND THE OTHER BUSH MOUNTAIN FACILITIES FOR THE DAY/ NOT INCLUDED WITH SANGHA PASS*</p> <p>7:15PM (75mins) [MIXED] YIN YOGA/S+M (Karen)</p>	<p>2 6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>7:15AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>4:30PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>6:15PM (75mins) [IN-STUDIO ONLY] V2/FFLOW (Karen)</p>	<p>3 6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>8:30AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>10AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>5:45PM (60mins) [MIXED] CORE (Karen)</p> <p>7PM (75mins) [MIXED] YIN YOGA/S+M (Karen)</p>	<p>4 6AM (60mins) [MIXED] YANG/YIN (Karen)</p> <p>9:30AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>4:30PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>5:45PM (60mins) [MIXED] YANG/YIN (Karen)</p> <p>6:30PM (60mins) [BUSH MOUNTAIN POOL DECK] SANGHA YOGA (Michelle) *ONLY TT\$45 DROP-IN AND GIVES YOU ACCESS TO THE POOL AND THE OTHER BUSH MOUNTAIN FACILITIES FOR THE DAY/ NOT INCLUDED WITH SANGHA PASS*</p> <p>7:15PM (75mins) [IN-STUDIO ONLY] AERIAL (Karen) *TT\$150 DROP-IN (12 AND UNDER TT\$100) OR USE PASS*</p>	<p>5 6AM (60mins) [ZOOM ONLY] SANGHA YOGA (Jacen)</p> <p>8:30AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>10AM (75mins) [MIXED] YIN YOGA/S+M (Karen)</p>	6
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14	<p>15 6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>7:15AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>8:30AM (45mins) [ON-SITE] PRIVATE (Karen)</p> <p>9:30AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>4:30PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>NO 5:45PM CLASS TODAY</p> <p>6:30PM (90MINS) [BUSH MOUNTAIN POOL DECK] SANGHA YIN YOGA (Karen) *ONLY TT\$75 DROP-IN AND GIVES YOU ACCESS TO THE POOL AND THE OTHER BUSH MOUNTAIN FACILITIES FOR THE DAY/ NOT INCLUDED WITH SANGHA PASS*</p> <p>NO 7:15PM CLASS TODAY</p>	<p>16 6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>8:30AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>6:15PM (75mins) [IN-STUDIO ONLY] V2/FFLOW (Karen)</p>	<p>17 6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>7:30AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>8:30AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>10AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>5:45PM (60mins) [MIXED] CORE (Karen)</p> <p>7PM (75mins) [MIXED] YIN YOGA/S+M (Karen)</p>	<p>18 6AM (60mins) [MIXED] YANG/YIN (Karen)</p> <p>8AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>9:30AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>4:30PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>5:45PM (60mins) [MIXED] YANG/YIN (Karen)</p> <p>6:30PM (60mins) [BUSH MOUNTAIN POOL DECK] SANGHA YOGA (Michelle) *ONLY TT\$45 DROP-IN AND GIVES YOU ACCESS TO THE POOL AND THE OTHER BUSH MOUNTAIN FACILITIES FOR THE DAY/ NOT INCLUDED WITH SANGHA PASS*</p> <p>7:15PM (75mins) [IN-STUDIO ONLY] AERIAL (Karen) *TT\$150 DROP-IN (12 AND UNDER TT\$100) OR USE PASS*</p>	<p>19 6AM (60mins) [ZOOM ONLY] SANGHA YOGA (Jacen)</p> <p>7AM (60mins) [ZOOM PRIVATE] PRIVATE (Karen)</p> <p>8:30AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>4:30PM (75mins) [IN-STUDIO ONLY] AERIAL ALL AGES (Karen) *TT\$100 DROP-IN OR \$300 FOR 4*</p>	20

SUN	MON	TUES	WED	THURS	FRI	SAT	
<p>21</p> <p>7AM (60mins) [ZOOM ONLY] PRIVATE (Karen)</p> <p>9AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>NO 10:15AM YANG/YIN TODAY!</p> <p>SANGHA 5iLANDS PARK LIME! 11AM TO 6PM *\$400 (INCLUDES PRIVATE CABANA WITH WADDING POOL, ACCESS TO BOTH PARKS - WATER AND AMUSEMENT. AND ALLOWED TO DO POTLUCK FOOD AND SNACKS! FRIENDS AND FAMILY WELCOME!)</p>	<p>22</p> <p>6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>7:15AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>8:30AM (45mins) [ON-SITE] PRIVATE (Karen)</p> <p>9:30AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>4:30PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>5:45PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>6:30PM (60mins) [BUSH MOUNTAIN POOL DECK] SANGHA YOGA (Michelle) *ONLY TT\$45 DROP-IN AND GIVES YOU ACCESS TO THE POOL AND THE OTHER BUSH MOUNTAIN FACILITIES FOR THE DAY/ NOT INCLUDED WITH SANGHA PASS*</p> <p>7:15PM (75mins) [MIXED] YIN YOGA/S+M (Karen)</p>	<p>23</p> <p>6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>7:15AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>8:30AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>4:30PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>6:15PM (75mins) [IN-STUDIO ONLY] V2/FFLOW (Karen)</p>	<p>24</p> <p>6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>7:30AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>8:30AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>10AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>5:45PM (60mins) [MIXED] CORE (Karen)</p> <p>7PM (75mins) [MIXED] YIN YOGA/S+M (Karen)</p>	<p>25</p> <p>6AM (60mins) [MIXED] YANGYIN (Karen)</p> <p>8AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>9:30AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>4:30PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>5:45PM (60mins) [MIXED] YANGYIN (Karen)</p> <p>NO BUSH MOUNTAIN TODAY!</p> <p>7:15PM (75mins) [IN-STUDIO ONLY] AERIAL (Karen) *TT\$150 DROP-IN (12 AND UNDER TT\$100) OR USE PASS*</p>	<p>26</p> <p>6AM (60mins) [ZOOM ONLY] SANGHA YOGA (Jacen)</p> <p>7AM (60mins) [ZOOM PRIVATE] PRIVATE (Karen)</p> <p>8:30AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>4:30PM (75mins) [IN-STUDIO ONLY] AERIAL ALL AGES (Karen) *TT\$100 DROP-IN OR \$300 FOR 4*</p>	<p>27</p> <p>7:45AM (90MINS) [ON-SITE] PRIVATE (Karen)</p> <p>10AM (75mins) [MIXED] YIN YOGA/S+M (Karen)</p>	
<p>28</p> <p>7AM (60mins) [ZOOM ONLY] PRIVATE (Karen)</p> <p>9AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>10:15AM (75mins) [MIXED] YANGYIN (Karen)</p>	<p>29</p> <p>6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>7:15AM (60mins) [IN-STUDIO ONLY] PRIVATE (Karen)</p> <p>9:30AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>4:30PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>5:45PM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>NO BUSH MOUNTAIN TODAY</p> <p>NO YIN YOGA TODAY</p> <p>REDUCED/HOLIDAY SCHEDULE</p>	<p>30</p> <p>10:15AM (75mins) [MIXED] YANGYIN (Karen)</p> <p>HAPPY INDIAN ARRIVAL DAY</p> <p>REDUCED/HOLIDAY SCHEDULE</p>	<p>31</p> <p>6AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>8:30AM (60mins) [ON-SITE] PRIVATE (Karen)</p> <p>10AM (60mins) [MIXED] SANGHA YOGA (Karen)</p> <p>5:45PM (60mins) [MIXED] CORE (Karen)</p> <p>7PM (75mins) [MIXED] YIN YOGA/S+M (Karen)</p>	<p><b>THIS MONTH:</b></p> <ul style="list-style-type: none"> <li>CLASS LEGEND: <ul style="list-style-type: none"> <li>MIXED = IN-STUDIO + ZOOM</li> <li>ZOOM ONLY = NO IN-STUDIO PRACTICE</li> <li>IN-STUDIO ONLY = ZOOM IS NOT AVAILABLE</li> </ul> </li> <li>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\$250 AND INCLUDES AERIAL AND PILATES (PILATES CURRENTLY ON HOLD)! 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!</li> <li>AUTO-RENEW YEAR PASS: YOU COMMIT VIA A CONTRACT, YOU GET THE MONTHLY BENEFIT, YOU CAN STILL FREEZE YOUR PASS...ONLY \$475 PER MONTH!!</li> <li>PLEASE NOTE: ALL PASSES FROM A 10CC AND UP, INCLUDING THE 30-DAY TRIAL PASS ONLY, INCLUDES PILATES (PILATES CURRENTLY ON HOLD) AND AERIAL WITH NO EXTRA FEE.</li> <li>WHATSAPP FOR DAILY CLASS UPDATES 730-YOGA (9642)</li> </ul>			



## CLASS DESCRIPTIONS:

- **SANGHA YOGA - 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 75mins, or 60mins (length is indicated). VARIOUS DAYS AS INDICATED.** SANGHA YOGA+ is just a wee bit...teency bit more challenging \*grin\*
- **V2/FFLOW – OPEN TO ANYONE WHO HAS TAKEN AT LEAST 4 YANG/YIN AND/OR 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 V2 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 EVENINGS.**
- **PILATES FUSION – 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. CURRENTLY ON HOLD**
- **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 as indicated. MONDAY NIGHTS AND SATURDAY MORNINGS**
- **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 using the FFlow sequencing. While it can be challenging, it is still beginner-friendly. The FFlow is 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 75mins. THURSDAY MORNINGS AND EVENINGS, SUNDAY MORNINGS 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 75mins. as indicated. Check online for all our available Aerial Pass options! THURSDAY EVENINGS. PRE-REGISTRATION REQUIRED.**
- **AERIAL YOGA FOR YOUTH - Aerial for Youth** does include inversions! Your child will stretch and lengthen their body in Aerial Yoga poses, have fun with flying poses to strengthen the mind and body, and practise safe inversions to increase trust in oneself while receiving many wonderful health benefits! Great to help build self-esteem in quiet kids and awesome for those kids who have a little more of a hyper style \*wink\*! **PLEASE NOTE:** No child will be forced to participate in anything, but rather encouraged. This will be done with the help of demonstrations and instructor support so as to increase trust and a sense of security. **FEES:** 4 classes for TT\$300. **AGES AND TIME: UP TO 14 YEARS OLD FRIDAY EVENINGS @ 4:30PM (60MINS). PRE-REGISTRATION REQUIRED.**
- **OUR OUTDOOR SERIES – OPEN TO ANYONE**
  - **SANGHA SUNSET BY THE POOL OR FULL MOON YOGA AT BUSH MOUNTAIN TT WITH HIKE - OPEN TO EVERYONE.** The Sangha Trinidad brings you yoga at Bush Mountain, where you can experience outdoor classes! There's our signature SANGHA YOGA class, which is a series of postures, 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. We also have a FUSION CLASS, which is a culmination of varying styles all brought together to create an exhilarating experience, while still focusing on accessibility and safety. When practising the class outdoors, we are in a wildlife sanctuary located in the hills of St Anns at the back of the Cascadia Hotel. Bush Mountain TT, is an eco-project that brings health to Trinidad through active participation in nature and its conservation. Here, you can immerse yourself in nature and achieve your health and wellness goals through yoga, but there are other activities such as trail walking, running, boot camps, forest bathing and rappelling!! One mountain, two paths, for rejuvenating your optimal mind, body and spirit. Developed by Courtenay "Bush Man" Rooks, with over a quarter century of eco adventure tourism experience and a lifetime of adventuring and studying the natural history of Trinidad and Tobago as he dedicated his life to conservation, the Bush Man is perfect for this job. Bush Mountain, Adventure starts here!
    - ✓ **FULL MOON YOGA AT BUSH MOUNTAIN! THERE IS NO FULL MOON CLASS THIS MONTH.** The \*Full Moon Class usually runs for 2HRS. \*Only one class per month. USUALLY HELD AS CLOSE AS POSSIBLE TO THE DATE OF THE FULL MOON (as indicated). **COST: TT\$75.00 (PLEASE NOTE: \*This gives you access to the pool and the other Bush Mountain facilities for the day, but NOT INCLUDED WITH SANGHA PASS\*)**
    - ✓ **SANGHA YOGA AT BUSH MOUNTAIN TT \*POOL DECK\*.** The 60MINS classes are held around the pool deck. There are 2 per week. \*no hike involved\*. **COST: TT\$45.00 (PLEASE NOTE: \*This gives you access to the pool and the other Bush Mountain facilities for the day, but NOT INCLUDED WITH SANGHA PASS\*) AVAILABLE ON MONDAY AND THURSDAY EVENINGS (as indicated). PLEASE NOTE: One MONDAY per month will be a YIN YOGA class AND this month's YIN YOGA CLASS is on MONDAY, MAY 15, 2023**
- **OUR MEDITATION SERIES – OPEN TO ANYONE.**
  - **MEDITATION WITH BUDDHIST NUN KUNSANG:** 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. THIS MONTH'S SESSION AT THE SANGHA TRINIDAD IS SUNDAY, MAY 14, 2023 FROM 3PM TO 5PM**
  - **KUNDALINI GONG CLASS WITH HARI SANT – 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 FOR ONLINE SESSIONS. 2 FRIDAY EVENINGS PER MONTH WILL BE AN IN-PERSON ONLY GONG CLASS. THERE ARE NO GONG CLASSES THIS MONTH**

## 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\$150.00 (UNLIMITED CLASSES, ANY DAY, ANY TIME)**

**OR**

**\*IF YOU HAVEN'T BEEN TO CLASSES SINCE BEFORE AUGUST 2017, RE-START TODAY AND GET A 30-DAY YOGI ROLL CALL PASS FOR ONLY TT\$250.00 (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](mailto:manager@sanghayogatrinidad.com)

**WHATSAPP:** 730-YOGA (9642) | Visit our website at [www.sanghayogatrinidad.com](http://www.sanghayogatrinidad.com)