



www.ilovebluedoor.com
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Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:20am		Morning Flow w/Mary Billings	6-7am Free Seva Class w/Kate Shields	Morning Flow w/Mary Billings			
9:00-10:00am	Aligned Strength Vinyasa w/Briana O'Conner	Functional Vinyasa w/Kim Pia Agra ----- Hatha Flow w/Nicole Hodges	Slow, Mindful Yoga w/ Barbra Brady	Functional Vinyasa w/Kim Pia <i>in Agra</i> ----- Hatha Flow w/Nicole Hodges	9-10:15am Yoga-works® w/Jesi Mifsud	8:45-9:45 Bhakti Flow w/Jocelyn	
10:00-11:00am				10:30-11:30am Chair Yoga w/Jesi Mifsud		Sweet Vinyasa w/Kim <i>in Agra</i> ----- 9:45-10:45am Qi Gong w/Nina <i>in Jaipur</i>	10-11:15am Alignment Based HathaFlow w/Jesi-- <i>Agra</i> ----- Feel Good Flow w/Kori-- <i>Jaipur</i>
12:00-1:00pm	Release+Restore w/Kori Celeste			Feel Good Flow w/Kori Celeste			11:30-12:30 Chair Yoga w/Whitney
4:30-5:30pm	Qi Gong w/Nina Canal <i>Jaipur/Upstairs</i>		Yin w/a Twist w/Rebecca				Roll+Restore w/Rebecca
5:30-6:30pm	Gentle Yoga + Yoga Nidra w/Barbra Brady <i>in Agra, Downstairs Studio</i>	Feel Good Flow w/Kori Celeste <i>in Jaipur, Upstairs Studio</i>		Yoga+Strength w/Nancy Jensen <i>Jaipur/Upstairs</i>			
6:00-7:00pm	Functional Strength & Stretch w/ Rebecca Plotkin <i>Jaipur/Upstairs Studio</i>	Functional Core w/Nicole Myers <i>in Agra</i> -----	Deep Vinyasa w/Mary Billings <i>in Agra</i> ----- Yin storative w/Mollie <i>in Jaipur</i>	Functional Deep Vinyasa w/Nicole (<i>Agra</i>) -----			



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Slow, Mindful Yoga—This is a flow class that is centered on the breath and energy management. Yogarupa, Rod Stryker, Barbra Brady’s teacher describes Tantra as ‘system,’ ‘method,’ or ‘technique.’ In the same way you use technology throughout your day to start your car, boil an egg, set your alarm clock, and so on, Tantric science and the methods developed from it can help make your life more efficient and effective, can help give you enjoy more freedom. Tantra, therefore, is the application of any technique or system that moves you beyond your limitations and closer to the objects and the life you seek... “

Vinyasa translates from Sanskrit as, placing your body with care in a special way. Vinyasa Yoga is a flowing, dynamic sequence of poses synchronized with the breath. Vibrant and juicy, this fluid class, with almost dance-like movements increases flexibility, strength, and stamina, as it calms the mind and improves overall health. Modifications will be offered for beginners as well as more advanced students looking for a challenge.

Qi Gong—Focuses on calming the heart, tonifying energy, removing suffering and guiding the spirit towards wisdom. This is a beautifully graceful form of Qi Gong.

Functional Vinyasa—This class blends the familiar, breath-centered, mindful movement of a typical yoga practice, with an exploration of strength and mobility training. You will do traditional asanas alongside movements that don’t typically appear in a yoga class. You will gain more strength, stability, and mobility in your asana practice and in your life.

Hatha—A traditional yoga practice where you have an opportunity to hold poses; this allows you to have more awareness of the foundation of your pose, the breath, the meditative aspect of the physical practice.

Yin/Restorative—Yin yoga is characterized by the longer hold of postures. Postures can be held for 1 minute (for gentle yoga classes) up to 5 minutes, or more, for advanced yoga classes. Yin yoga poses apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. Excellent for athletes or those recovering from injury. Restorative is a gentle yoga class that is designed to help you stretch and wind down after a busy day and get you ready for a deep, restful sleep. Excellent for athletes and recuperation.

Hatha Flow—Hatha yoga involves extended holds in poses focusing on breath, alignment and stilling of the mind. This style of yoga increases strength and flexibility and is available to all levels. There is more flow in this class than in a traditional Hatha class so you can go deep. Lots of integration of yoga philosophy and Ayurveda.

Yogaworks—Yogaworks is Jesi Mifsud’s yoga lineage. It focuses on Smart Sequencing, alignment cueing, and breathwork. This is a strong, but accessible class for all students.

Tai Chi—Tai Chi is an energy management system through this ancient movement form. So many benefits: balanced energy, meditation, mobility, flexibility, balance. This is an on-going 10 week series. We ask that each student commits to the 10 weeks as there is progression from session to session.

Functional—Many classes at blue door have the word “functional” in front of them. What functional means to us is more ease in your body, on and off the mat. An ability to increase physical health and longevity through mobility training, creating more “juiciness” and ROM (range of motion) in the joints, more freedom in the whole body.

Aligned Strength Vinyasa--Aligned Strength Vinyasa takes an Ayurvedic approach to the traditional vinyasa practice and functional strength developed in yoga. Each sequence is carefully crafted to incorporate asanas (postures) that bring you into alignment with the surrounding seasons and within your own individual nature.

Seva Class—Seva, in Indian dialects, translates to “good works.” This is a donation based class; all donations go to Una Vida, a non-profit in Petaluma that helps local families in need.