



www.ilovebluedoor.com
info@ilovebluedoor.com

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:20am		Morning Flow w/Mary		Morning Flow w/Mary			
9:00-10:00am	Hatha Flow w/Nicole H., <i>Agra</i>	FunctionalVinyasa w/Kim, <i>Agra</i> ***** Yang+Yin w/Nicole H., <i>Jaipur</i>	Slow, Mindful Yoga w/Barbra, <i>Agra</i>	Functional Vinyasa w/Kim, <i>Agra</i>	9-10:15am Yoga-works® w/Jesi, <i>Agra</i>	Sweet Vinyasa w/Kim, <i>Agra</i>	8:30-9:30am Hatha Flow w/Jesi, <i>Agra</i>
10:00-11:00am		10:30-11:30am Chair Yoga w/Jesi, <i>Agra</i>		10:30-11:30am Chair Yoga w/Lauren, <i>Agra</i>		10:15-11:15am Mat Pilates w/Paige, <i>Jaipur</i>	Feel Good Flow w/Kori, <i>Agra</i>
11:30am-12:30pm Or 12:00-1:00pm	12:00-1:00pm Release+Restore w/Kori, <i>Agra</i>		Community Art Class for the Blue Door Community w/Claudia, <i>Jaipur</i> <i>Registration required</i>	12:00-1:00pm Release+Restore w/Kori, <i>Agra</i>			11:30am-12:30pm Chair Yoga w/Whitney, <i>Agra</i> ***** Functional Barre w/Nicole M., <i>Jaipur</i>
4:30-5:30pm	Restorative w/Rebecca, <i>Agra</i>		Restorative w/Rebecca, <i>Agra</i> ***** Mat Pilates w/Kori, <i>Jaipur</i>				
5:30-6:30pm							
6:00-7:00pm	Functional Strength & Stretch w/ Rebecca, <i>Jaipur</i>	Functional Barre w/Nicole M, <i>Jaipur</i> ***** Yoga for Stress Relief w/Jesi, <i>Agra</i>	Deep Vinyasa w/Mary, <i>Agra</i>	Functional Deep Vinyasa w/Nicole M., <i>Agra</i>			Rooms: <i>Agra: Downstairs</i> <i>Jaipur: Upstairs</i>



Morning Flow—Morning classes require a different focus and movement intensity. Due to the early morning hour and the lack of prior movement, morning classes work on warming you up and getting your joints, body, breath, mind ready for the day.

Yoga for Stress Relief—A class that uses multiple modalities (Gentle Yoga, Restorative Yoga, pranayama, mantra, meditation, yoga nidra) to calm the nervous system.

Functional Vinyasa— **Vinyasa** translates from Sanskrit as, placing your body with care in a special way. 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.

Deep Vinyasa/Vinyasa Flow—An opportunity to flow AND hold. Always with an awareness of breath. Yoga Nidra, which is incorporated into Yoga for Stress Relief, is a guided meditation. Yoga Nidra has been shown through scientific studies to increase cellular healing and reverse disease state. NIH citation:

Pandi-Perumal SR, Spence DW, Srivastava N, Kanchibhotla D, Kumar K, Sharma GS, Gupta R, Batmanabane G. The Origin and Clinical Relevance of Yoga Nidra. *Sleep Vigil*. 2022;6(1):61-84. doi: 10.1007/s41782-022-00202-7. Epub 2022 Apr 23. PMID: 35496325; PMCID: PMC9033521.

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

Functional Barre—Core Alignment Barre is a unique and challenging blend of Pilates, Barre & Yoga that increases strength, postural awareness, and balance. This anatomical alignment based class focuses on core strength and joint alignment as you flow through Yoga, Barre & Pilates postures that encourage physical integration to enhance functional strength and flexibility.

Mat Pilates— Mat Pilates is a total body workout that focuses on moving from your core to strengthen, lengthen, and stabilize your muscles. Using her experience as a yoga and Pilates instructor, Kori will guide you through a mixture of classical and contemporary Pilates exercises, using a variety of props, with an emphasis on function, flow, and fun. This class is low impact, encourages a mind-body connection paired with the breath, and offers modifications and variations, making it perfect for all levels.

Functional Strength+Stretch and Yoga+Strength—These are stronger classes designed to challenge you. Yoga+Strength will oftentimes bring in weights and resistance bands.