



[www.ilovebluedoor.com](http://www.ilovebluedoor.com)  
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Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30am		<b>Morning Flow 6:30-7:20am</b> w/Mary Billings	<b>Hatha Flow</b> w/Kate Shields	<b>Morning Flow 6:30-7:20am</b> w/Mary Billings			
9:00-10:00am	<b>Hatha Flow</b> w/Nicole Hodges	<b>Functional Vinyasa</b> w/Kim Pia <i>Agra</i> ----- <b>Yang+Yin</b> w/Nicole Hodges	<b>Slow, Mindful Yoga</b> w/ Barbra	<b>Functional Vinyasa</b> w/Kim Pia <i>in Agra</i> -----	<b>9-10:15am Yoga- works®</b> w/Jesi Mifsud	<b>8:45-9:45 Bhakti Flow</b> w/Jocelyn	<b>8:45-9:45am Seva Class (Free Class)</b> w/Andersen
10:00-11:00am				<b>10:30-11:30am Chair Yoga</b> w/Jesi Mifsud		<b>Sweet Vinyasa</b> w/Kim <i>in Agra</i> ----- <b>9:45- 10:45am Qi Gong</b> w/Nina in <i>Jaipur</i>	<b>10-11:15am Alignment Based HathaFlow</b> w/Jesi— <i>Agra</i> ----- <b>Feel Good Flow</b> w/Kori-- <i>Jaipur</i>
11:30am-12:30pm	<b>12:00-1:00pm Release+Restore</b> w/Kori Celeste		<b>Feel Good Flow</b> w/Kori Celeste				<b>Chair Yoga</b> w/Whitney, <i>in Agra</i> ----- <b>Functional Barre</b> w/Nicole, <i>in Jaipur</i>
4:30-5:30pm	<b>Qi Gong</b> w/Nina Canal <i>Jaipur/Upstairs</i>		<b>Restorative</b> w/Rebecca ( <i>Agra</i> ) ----- <b>Mat Pilates</b> w/Kori ( <i>Jaipur</i> )	<b>Third Thursday Yoga Nidra*</b> w/Barbra ( <i>Agra</i> )			<b>Restorative</b> w/Rebecca
5:30-6:30pm	<b>Gentle Yoga/Yoga Nidra</b> w/Barbra Brady <i>in Agra, Downstairs Studio</i>	<b>Feel Good Flow</b> w/Kori Celeste  <i>in Agra</i>		<b>Yoga+Strength</b> w/Nancy Jensen <i>Jaipur/Upstairs</i>			
6:00-7:00pm	<b>Functional Strength &amp; Stretch</b> w/ Rebecca Plotkin <i>Jaipur/Upstairs Studio</i>	<b>Functional Barre</b> w/Nicole Myers <i>in Jaipur</i> -----	<b>Deep Vinyasa</b> w/Mary Billings <i>in Agra</i> ----- <b>Yoga for Stress Relief</b> w/Mollie ( <i>Jaipur</i> )	<b>Functional Deep Vinyasa</b> w/Nicole ( <i>Agra</i> ) -----			

\*third Thursday of month



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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... “

**Yoga Nidra**— iRest Yoga Nidra is a guided form of deep relaxation and meditation that provides a supportive path through the healing process. It is an effective tool for overcoming post-traumatic stress, chronic pain, depression, fatigue and insomnia. Beginners and experienced practitioners both benefit from the practice.

**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**— **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.

**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.

**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.

**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.