


ॐ January 2019 ॐ

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UndergroundYogaStudio.com Text/Call 570-534-0438		1 <i>Happy New Year *** Studio closed</i>	2 8:00a Yin Yoga 9:45a Open Level 5:45p Beginner & Beyond 7:15p Guided Meditation	3 9:30a Beginner & Beyond 5:45p Yin & Moon Flow	4 8:00a Yin Yoga	5 9:15a Warrior Flow 10:45a Guided Meditation
6 9:30a Sweet Sunday Flow	7 8:00a Yin Yoga 9:45a Beginner & Beyond 11:00a Mini-Meditation 5:45p Beginner & Beyond	8 5:30p Breathe & Flow	9 8:00a Yin Yoga 9:45a Open Level 5:45p Beginner & Beyond 7:15p Guided Meditation	10 9:30a Beginner & Beyond 5:45p Yin & Moon Flow	11 8:00a Yin Yoga Breathe Deep with Nidra, Oils, Reiki	12 9:15a Warrior Flow 10:45a Guided Meditation
13 9:30a Sweet Sunday Flow 11:00a Chant the Chalisa	14 8:00a Yin Yoga 9:45a Beginner & Beyond 11:00a Mini-Meditation 5:45p Beginner & Beyond	15 5:30p Breathe & Flow	16 8:00a Yin Yoga 9:45a Open Level 5:45p Beginner & Beyond 7:15p Guided Meditation	17 9:30a Beginner & Beyond 5:45p Yin & Moon Flow	18 8:00a Yin Yoga	19 9:15a Warrior Flow 10:45a Guided Meditation
20 9:30a Sweet Sunday Flow 11:00a Chant the Chalisa	21 8:00a Yin Yoga 9:45a Beginner & Beyond 11:00a Mini-Meditation 5:45p Beginner & Beyond Martin Luther King, Jr. Day	22 5:30p Breathe & Flow	23 8:00a Yin Yoga 9:45a Open Level 5:45p Beginner & Beyond 7:15p Guided Meditation in honor of Dr. Martin Luther King Jr.	24 9:30a Beginner & Beyond 5:45p Yin & Moon Flo	25 8:00a Yin Yoga	26 9:15a Warrior Flow 10:45a Guided Meditation 12:00p Essential Oils Educational Workshop: Self Care in the New Year
27 9:30a Sweet Sunday Flow 11:00a Chant the Chalisa Happy YOU Year: A Year of Peace & Meditation	28 8:00a Yin Yoga 9:45a Beginner & Beyond 11:00a Mini-Meditation 5:45p Beginner & Beyond	29 5:30p Breathe & Flow	30 8:00a Yin Yoga 9:45a Open Level 5:45p Beginner & Beyond 7:15p Guided Meditation	31 9:30a Beginner & Beyond 5:45p Yin & Moon Flow		

Yin Yoga

Deep stretch. A slow moving Yin practice is the balance to a Yang (Hatha; heat generating) practice. The long held postures encourage bone easing away from bone, allowing an increase in circulation in the joints and improving flexibility. It addresses the connective tissues. Yin has been described as the training wheels for a productive meditation practice as Yin Yoga offers an opportunity to quiet the inner chatter and stay focused on the work at hand. *(90 minutes)*

Beginner & Beyond

A welcoming, non-intimidating class for those who prefer clear verbal instruction without too much Yoga jargon. Different versions of poses are explained so each individual can address their own strength, flexibility, and balance. Poses are introduced to meet all levels. Includes a short Meditation. The perfect place to kindly deepen your practice or to start from scratch! *(75 minutes)*



Yin & Moon Flow

Be guided through a grounding sequence to quiet the inner chatter from the day, ease through a Yin stretch, followed by an all level flow to prepare the body to be fully and completely supported in a Restorative pose before blissfully segueing into your final resting pose, śavāsana. Knowledge of postures is helpful as this is not a beginner class. *(75 minutes)*

Group Guided Meditation

Be skillfully guided with breath work and visualizations to quiet the inner chatter, reduce stress, and go deeper into your true essence. Appropriate for all experience levels. *(60 minutes)*

Mini-Meditation is offered with our compliments after Monday morning's classes. *(15 minutes)*

Open Level

A movement class that encompasses different aspects of Yoga including breath, alignment, and meditation. Awareness of Yoga is helpful but Underground's all inclusive teaching style will make even the most novice of Yogis comfortable. *(75 minutes)*

Breathe & Flow

Come ready to open the body, leave empowered and feeling strong. Practice synchronizing breath and movement to clear the mind. Modified for an individual's ability. All level accessible. *(75 minutes)*

Chair Yoga – Returning in April!

This supportive style of Yoga will help lower stress & improve overall sense of well-being. Includes mindful breathing, a gentle warm-up of the joints, stretching & strengthening poses, and a quieting guided meditation. Modifications are offered for all needs and abilities. *(60 minutes)*

Warrior Flow

Awaken your inner warrior by embracing both modern and ancient Yogic teachings. Tone the body, calm the mind, and feed the spirit. Be prepared to move, sweat, and laugh in a joyful community. Although this class is open to all levels, this class varies in intensity and a basic knowledge of the postures could be helpful to receive the full benefit. *(75 minutes)*

Sweet Sunday Flow

A Hatha (physical) practice bridging the opposing energies of hot & cold, light & dark, movement & stillness. Pulsation is the balance that we will work toward in the beautifully, compassionately sequenced class. Accessible to all levels as modifications will be offered. *(75 minutes)*

JANUARY SPECIAL EVENTS

Hanuman Chalisa Chant Challenge, Sundays 1/13 - 4/18

Breathe Deep: Nidra, Oils, & Reiki, 1/11

Guided Meditation in honor of MLK Jr., 1/23

FREE Essential Oils Educational Workshop: Self Care, 1/26

Happy YOU Year: A Year of Peace & Meditation, 1/27

