


ॐ March 2019 ॐ

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WE'VE RELOCATED! 730 Milford Rd East Stroudsburg Strawberry Fields Plaza</p>  <p>TEXT/CALL 570-534-0438</p> <p>10% off Class Passes! \$10 off Monthly Memberships!</p>					<p>8:00a Yin Yoga ¹</p>	<p>9:15a Warrior Flow ² 10:45a Guided Meditation</p>
<p>9:30a ³ Sweet Sunday Flow 11:00a Chant the Chalisa</p>	<p>9:30a Gentle Yoga ⁴ 10:30a Mini-Meditation 5:45p Beginner & Beyond</p>	<p>⁵ 5:30p Breathe & Flow</p>	<p>8:00a Yin Yoga ⁶ 9:45a Open Level 5:45p Gentle Yoga 7:15p Guided Meditation</p>	<p>9:30a ⁷ Beginner & Beyond 5:45p Yin & Moon Flow</p>	<p>8:00a Yin Yoga ⁸ Mardi Gras!! Yoga & Social</p> 	<p>9:15a Warrior Flow ⁹ 10:45a Guided Meditation</p>
<p>9:30a ¹⁰ Sweet Sunday Flow 11:00a Chant the Chalisa Daylight Savings Begins</p>	<p>9:30a Gentle Yoga ¹¹ 10:30a Mini-Meditation 5:45p Beginner & Beyond</p>	<p>¹² 5:30p Breathe & Flow</p>	<p>8:00a Yin Yoga ¹³ 9:45a Open Level 5:45p Gentle Yoga 7:15p Guided Meditation</p>	<p>9:30a ¹⁴ Beginner & Beyond 5:45p Yin & Moon Flow</p>	<p>8:00a Yin Yoga ¹⁵</p>	<p>9:15a Warrior Flow ¹⁶ 10:45a Guided Meditation</p>
<p>9:30a ¹⁷ Sweet Sunday Flow 11:00a Chant the Chalisa St. Patrick's Day</p> 	<p>9:30a Gentle Yoga ¹⁸ 10:30a Mini-Meditation 5:45p Beginner & Beyond</p>	<p>¹⁹ 5:30p Breathe & Flow</p>	<p>8:00a Yin Yoga ²⁰ 9:45a Open Level 5:45p Gentle Yoga 7:15p Guided Meditation Spring Begins</p>	<p>9:30a ²¹ Beginner & Beyond 5:45p Yin & Moon Flow</p>	<p>8:00a Yin Yoga ²² Candlelight Restorative Workshop</p> 	<p>9:15a Warrior Flow ²³ 10:45a Guided Meditation</p>
<p>^{24/31} Sweet Sunday Flow 11:00a Chant the Chalisa</p>	<p>9:30a Gentle Yoga ²⁵ 10:30a Mini-Meditation 5:45p Beginner & Beyond</p>	<p>²⁶ 5:30p Breathe & Flow</p>	<p>8:00a Yin Yoga ²⁷ 9:45a Open Level 5:45p Gentle Yoga 7:15p Guided Meditation</p>	<p>9:30a ²⁸ Beginner & Beyond 5:45p Yin & Moon Flow</p>	<p>8:00a Yin Yoga ²⁹</p>	<p>9:15a Warrior Flow ³⁰ 10:45a Guided Meditation</p>

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 class. *(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)*

Gentle Yoga - NEW!

Ideal for any level practitioner who seeks a nurturing, softer approach to movement. Build strength and balance in this welcoming, slow-paced, relaxing class. A beautiful experience for the mind, body and spirit. Modifications are offered for all needs and abilities. *(60 minutes)*

Mini-Meditation is offered with our compliments immediately after class, all are encouraged to stay in our final relaxation pose and be guided through a calming meditation. *(15 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)*

MARCH SPECIAL EVENTS

Hanuman Chalisa Chant Challenge, Sundays until 4/18

Mardi Gras! Yoga & Social, 3/8

Candlelight Restorative Workshop, 3/22



***We are celebrating our relocation
with student deals all month long!***

UndergroundYogaStudio.com