

class offerings

Ashtanga/Vinyasa Rigorous; stretches, strengthens and tones using a set series of postures designed to build heat and encourage breathing

Primary Series a progressive series of postures produces intense internal heat and a purifying sweat that detoxifies, creates a light and strong body and a calm mind

Rocket Series designed to wake up the nervous system and to renew energy and vitality in the body while promoting a spirit of change and freedom in the practice

Vinyasa Flow a step up from a traditional Hatha class incorporating traditions from the Ashtanga practice. Postures will "flow" from one to another in conjunction with breath

Hatha Incorporates breath work and postures to increase the body's alignment, strength and flexibility

Beginning basics for new and returning students

I stretch and strengthen at a gentler pace

I/II regular use of Sun Salutation with more stamina

II emphasis on details and form; more complex postures; some inversions

Dynamic Hatha Flow Hatha meets Vinyasa—blending the detail, alignment, and pace of a Hatha class with some linking of poses. For those who love the relaxation benefits of a Hatha class but crave a bit more intensity and flow

Yin Yoga a meditative Hatha using long-held seated postures to find opening and ease in the body

Yoga Flow take the time to connect with your mind and body in this flowing Hatha class that uses dynamic movement, relaxation, meditation and breath awareness to restore balance and nurture wholeness.

Kundalini A flowing, spiritual, dynamic form of yoga that includes postures, movement, chanting & breath work

Sadhana spiritual discipline of chanting and postures in the Kundalini Yoga tradition

Specialized

Pure Movement Yoga Hatha Yoga with an emphasis on finding core stability, functional movement and a balanced body in postures

Yoga for the Inner Core focus on the inner core and building stability from the inside out

Your Body Yoga explore what yoga looks and feels like in your body—no matter your size, shape, ability or experience—with the use of many props. Poses vary from relaxing to challenging and can be done with many variations

YOGA PLAY! Lighthearted yoga for the developing Yogi and Yogini ages 5-9

Whole Girl Yoga Yoga Play for older girls ages 9-15. Explore postures, yoga games, philosophy and more

Special Unlimited Class Fall Season Pass

Season Pass

9/7-12/19, \$280 or buy an unlimited 1 month pass for \$80!

10% OFF

Sign up online over the summer break for registration classes, punchcards or workshops and get 10% off. Use promo code **fall** at check out.

prices

Pay by the Class \$12.50 (\$8.50 student/senior) space available

Punch-Card: Use for open classes

10 classes for \$95 (\$85 student/senior)
4 month expiration

4 classes for \$45 (\$34 student/senior)
2 month expiration

Registration Classes

Fall Session I: Sept 13–Oct 30

Session II: Nov 1–Dec 19

7 weeks, \$63 (\$59.50 student/senior)

YogaPlay & Whole Girl Yoga, \$56

30 Day Challenges \$75, includes materials

teachers & staff

Your Yoga Alliance Certified Teachers

Deborah Adele
Hilary Buckwalter
Jodi Christensen
Sara Duke
Kyle Elden
Kristin Fogard
Erika Frykman
Linda Glisson
Sarah Hansen
Jillian Holmen
Catharine Larsen
Joe Lindgren
Ann Maxwell
Molly McManus
Patti Peters

Wendy Saliin
Patti Sweeney

Staff

Co-Owners
Deborah Adele
Ann Maxwell

Office Guru
Molly McManus

Graphic Design
Sarah Ricciardi

Marketing
Erika Frykman

Teacher Support
Stacy Johnston
Virginia May



F all schedule

Open classes begin Sept. 7

Fall Open House Sept 12

Registration classes begin Sept. 13

Teacher Training 200 Program begins
October 8



www.YogaNorthDuluth.com
218-722-9642 888-722-9642



www.Facebook.com/YogaNorth
4628 Pitt St, in St. Michael's School



Monday

Lake Room

5:00–6:15PM
Your Body Yoga — **NEW!**
registration required

6:45–8:00PM
30 Day Challenge
Sept 20–Oct 18: Making
a Change for Good
Nov 1–30: 30 Days of
Deep Relaxation

Lotus Room

5:30–7:00PM
Primary Series Ashtanga II

7:15–8:30PM
Yoga for the Inner Core
registration required — **NEW!**

Tuesday

Lake Room

9:30–10:45AM
Morning Hatha

4:30–5:30PM
Yoga Play! (ages 5–9)
registration req., \$56

5:40–6:45PM
Kundalini

7:00–8:15PM
Dynamic Hatha Flow —
NEW!

Lotus Room

4:30–5:30PM
Hatha I

5:45–6:45PM
Whole Girl Yoga (girls ages
9–15) registration req., \$56

7:00–8:15pm
Beg. Yoga, registration req.



Wednesday

Lake Room

5:00–6:15PM
Beginning Yoga
registration required

Lotus Room

4:30–5:30PM
Vinyasa Flow — **NEW!**

6:00–7:15PM
Hatha I/II

7:30–9:00PM
Hatha II, registration
required

Thursday

Lake Room

4:15–5:30PM
Pure Movement Yoga
registration required

7:00–8:15PM
Thursday Series
held once a month:
Thai Restoration:
Oct. 7, Nov. 4, Dec. 2

Restorative Stations:
Sept. 16, Oct. 21, Nov. 18,
Dec 16

Somatics: Oct. 14, Nov. 11,
Dec. 9

Guys and Yoga: Sept. 30,
Oct. 28

Lotus Room

5:30–6:30PM
Vinyasa Flow

7:00–8:15pm
Yoga Flow — **NEW!**

Friday

Lake Room

6:30–7:40AM
Early Hatha II

5:15–6:30PM
Yin Yoga

Saturday

8:30–10:30AM Oct. 2
Yin Yang Class
\$15, registration required

8:30–10AM
Rocket Series, **held
monthly:** Sept. 19, Oct. 23
Nov 13, Dec 18

Sunday

6–8AM
Sadhana: Sept. 19
Oct. 3 & 17, Nov. 7 & 21
Dec. 5 & 19

6:30–8PM
Managing Transitions —
Life Changes with the
Yamas and Niyamas
Extended Study — **NEW!**
one Sunday per month
Oct 17–May 15, \$175



teacher training



Teacher Training Basic and
Advanced programs have a
focus in Hatha Yoga at the
200 hour, +300, & 500 hour
levels. Come to deepen your
practice, or to become a
teacher.

Change the world, one pose at
a time...

**Yoga Studies and Teacher
Training 200 Program begins
October 8—apply today!**

guest teacher workshops

Sat. September 25

Constellating the Soul: Untangling Our Lives with Darcy
Cunningham

Fri. October 22 & Sat. October 23

Vinyasa & Para Yoga Workshops with Tanya Boigenzahn
Sowards

Fri. November 19 & Sat. November 20

Awaken the Heart and Goal Setting with Laura
z Erdman-Luntz

Visit www.YogaNorthDuluth.com for updated
workshop and event schedule.

save
the
date

Fall Open House:
Sept. 12, 2–5PM

Potluck Open House:
Jan. 2, 3–5PM

Winter Break:
Dec. 20–Jan. 1

Winter/Spring Classes
Begin: Jan. 3

F all schedule

Visit us at www.YogaNorthDuluth.com for information on our new classes in Ely, MN beginning Sept 14!