

weekly class descriptions

YOGA PLAY! (age 5-9) lighthearted yoga for developing yogis & yoginis.

Whole Girl Yoga (age 9-15) postures, games, & philosophy.

* **Beginning Yoga** new & returning students, incorporate therapeutic yoga & breath work to classic Hatha poses, to increase the body's alignment, stability, strength & flexibility.

* **Kundalini** flowing, spiritual, dynamic form of yoga which includes postures, movement, chanting & breath work.

* **SomaYoga for the Inner Core** focus on the inner core & building stability from the inside out using the tools of Somatics and Therapeutic Yoga. Somatic and pelvic floor exercises, candid class discussion, and an openness to new and profound work in the body.

* **Your Body Yoga** use chairs, props, walls & lots of kindness to find yoga that is truly "Your Yoga." Poses vary from relaxing to challenging & can be done with many variations.

** **Boundless Yoga** relieve tension & move into spaciousness while inviting in relaxation & ease. Coordinating the breath with postures. Drawing from Hatha, Kundalini & more.

** **Hatha I** breath work & postures increase the body's alignment, strength, flexibility while building on the foundation of classic & therapeutic poses. Includes some use of Sun Sals.

** **Pure Movement Yoga** Hatha yoga with an emphasis on core stability & finding a balanced body in postures.

** **SomaYoga:** incorporates Therapeutic yoga, classic asana and Somatics. Somatics is a gentle practice which serves in retraining the neuromuscular system. This helps free us from chronic pain, improves physical functioning & mobility.

** **Yamas & Niyamas on the Mat** Incorporate bite-sized portions of ancient yogic philosophy into asana class. Each week we examine 1 tenant, then explore the concept in the physical practice.

** **Vinyasa Flow** Postures "flow" from one to another in conjunction with breath incorporating traditions from the Ashtanga practice.

** **Yin Yoga** meditative Hatha using long-held seated postures to find opening & ease in the body.

*** **Ashtanga II: Primary Series** a rigorous class. Strengthen & tone using a set series of postures designed to build heat & encourage breathing.

*** **Dynamic Hatha Flow** blending the detail of Hatha with some linking of poses, Sun Salutations, & a focus on the core.

*** **Hatha II** emphasis lies in subtlety & form; practice takes on a devotional quality. More complex postures introduced including inversions (modifications offered). Includes Sun Sals.

For information on additional classes & more detailed descriptions, please

visit our website at
YogaNorthDuluth.com

CLASS LEVEL KEY

- * beginners welcome
- ** some experience required
- *** advanced practice

price options

80 Day Summer Pass (\$160): Attend any/all open or reg. classes, 10% off workshops & 50% master classes.

Monthly Pass (\$65): Attend unlimited open and registration classes for 30 days (if signing up for a registration class, must buy monthly passes to cover the length of that class).

Registration Classes \$54.00 (6 Weeks)
Student/Senior/Military ID/Kid's Yoga \$51

Punch-Cards (for open classes)
10 classes \$95 (\$85 student/senior/military ID) 4 mo. expire
4 classes \$45 (\$34 student/senior/military ID) 2 mo. expire

Pay by the Class \$12.50 (\$8.50 student/senior/military ID)
when space available (sign up in advance)

private yoga

Tend to yourself with pure movement, somatics, relaxation, stress management & more. Instruction for individuals & small groups. Sessions at studio or your location.

corporate yoga

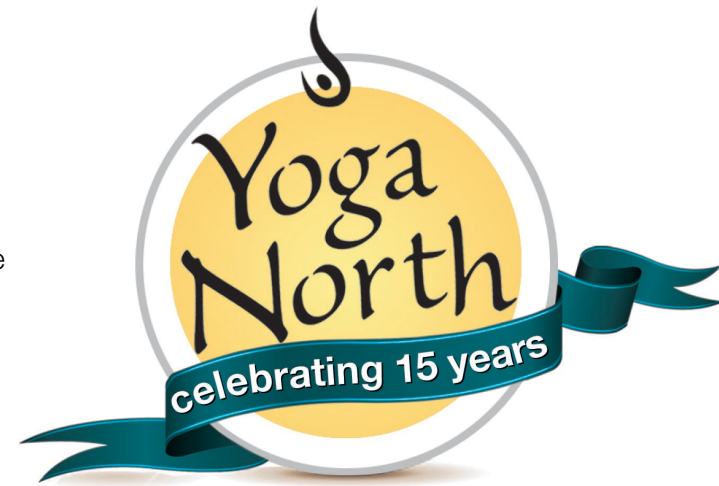
Yoga can help your business with issues related to physical & mental health, stress management, focus, productivity, & efficient decisions. Instructors offer classes in the workplace (space permitting), yoga in chairs, one time seminars, weekly classes onsite, weekend retreats, & many more possibilities.

teachers & staff

Deborah Adele, Hilary Buckwalter, Jodi Christensen, Sara Duke, Kyle Elden, Kristin Fogard, Erika Frykman, Sarah Hansen, Margaret Harstad, Jillian Holmen, Kim Kies, Catharine Larsen, Joe Lindgren, Ann Maxwell, Molly McManus, Virginia May, Patti Peters, Patti Sweeney, Wendy Saliin

Co-Owners: Deborah Adele, Ann Maxwell
Office Staff: Molly McManus, Erika Frykman
Interns: Brittany DeNucci, Maggie Janssen
Design Support: Sarah Ricciardi

2011 Summer Schedule



Join us Friday, May 20TH
from 5-7:30pm for
15 Year Anniversary Gathering
community time & food, special classes, 15% off everything

Summer Session 1: June 6th - July 17
Summer Session 2: July 18th - August 28th
SAVE THE DATE: Fall Open House Sept 11th

YogaNorthDuluth.com
218.722.YOGA
4628 Pitt St, Duluth, MN



Registered Yoga School Registered Yoga School

weekly classes

monday

- 5:15-6:30pm Your Body Yoga
registration req.
- 6:45-8pm Hatha I
- 5:30-7pm Primary Series Ashtanga II
- 7:15-8:30pm **NEW** SomaYoga
for the Core registration req.

tuesday

- 9:30-10:45am Morning Hatha
- 4:30-5:30pm Hatha I
- 4:30-5:30pm Yoga Play! (Ages 5-9)
registration req.
- 5:40-6:45pm Kundalini
- 5:45-6:45pm Whole Girl (Ages 9-15)
registration req.
- 7-8:15pm Dynamic Hatha Flow
- 7-8:15pm Beginning Yoga
registration req.

wednesday

- 5:30-6:30pm **NEW** SomaYoga
- 6:45-7:45 Green Smoothie Challenge
(June 8th, 15th, 22nd, 29th)
- 6:00- 7:15pm Hatha I/II
- 7:30-9pm Hatha II
registration req.

thursday

- 9:30-10:45am Yamas & Niyamas on
the Mat
- 4:15-5:30pm Pure Movement Yoga
registration req.
- 5:30-6:30pm Vinyasa Yoga
- 7:00-8:15pm Boundless Yoga
- 7-8:15pm Thursday Series **SPACE IS LIMITED**
Back Arch 6/9, 7/7, 8/4
Somatics Master Class 7-8:30pm
6/16, 7/14, 8/11 reg. req. \$15.00
Restorative Stations 6/23, 7/21, 8/18
Thai Restoration 6/30, 7/28, 8/25

friday

- 6:30-7:40am Early Hatha II
- 5:15-6:30pm Yin Yoga

sunday

- 6-8am Kundalini Sadhana **FREE**
6/5, 7/10, 8/7

workshops & events

The Knee Workshop

Saturday, June 11th 10am- 1pm.

Led by Ann Maxwell \$40 in advance or \$45 at the door
The knee is not the knee-- it is the midway point between the hips and ankles. Join us for a morning of exploring how to move better so your knees can be pain free!

Sadhana Community Training

June 23-27 Intensive

\$799 before May 1st or \$899 after May 1st

One intensive weekend of study (CEUs available) looking at the book "Pigs Eat Wolves", working on our shadow side with Yoga Therapist Ann Maxwell & author Deborah Adele.
Inquire for special discounts for RYT's.

Twin Ports Bridge Festival

Saturday, July 9th 11am- close

Musical Headliner **Michael Franti**

A day devoted to celebrating each other, our diversity, & our togetherness to ensure a brighter future for all of us. This will be an amazing line-up of musicians on the BayFront Stage in Duluth. Join us at this must-experience event.
Find us in the Yoga Tent, where yoga classes will be going on all day-- included in the cost of your admission.
Tickets are only \$29 for adults. Sign up through www.LaughingStockDesign.biz

Choosing a Path Workshop

August 5th 6:45pm- 8:45pm.

Led by Deborah Adele \$40 in advance or \$45 at the door
Yoga has particular paths that lead to the search for enlightenment. These include the daily paths of action, love, & the intellect using specific methods such as meditation, sound, & words. Come explore these various paths to increase your own journey with yoga.

master class series

One Friday a month during the summer, various instructors with assistants will support your learning of pure movement patterns in the body. Pre-registration required \$15.

- Friday, June 3rd 6:45- 8pm
- Friday, July 15th 6:45- 8pm
- Friday, August 19th 6:45- 8pm

