

Yoga North ISYI 2018 FALL SCHEDULE

Internationally Known, Locally Loved
—established 1995—



workshops

Reoccurring Workshops

- » **Oscillating Suchness, 7-8:30 pm, \$25/\$35**
Friday, 9/7; Saturday, 10/20, Friday, 11/16; Friday, 12/7
- » **Sourced: A Guided Intro to the Shamanic Journey, 6-8 pm, \$35/\$45**
Monday, 9/10; Monday, 10/29
- » **Ayurveda Nourish! 5:30-7:30 pm, \$50**
Thursdays, 10/4, 11/29
- » **Soul Nourishing Self-Care, 6-8 pm, \$37/\$47**
Wednesdays, 10/10, 12/12

September

- » **Ayurveda & Yoga for Better Sleep**
9/13, 6-8 pm, \$35/\$45
- » **Create Your Dream Life Vision Board & Retreat**
9/27, 5:30-8:30 pm,
\$37 by 9/13, \$47 after
(cost includes supplies)

October

- » **Using the Spinal Strip**
10/7, 10 am-1 pm, \$47/ \$57
- » **Trust Your Gut: Simple Practices For Enhancing Your Intuitive Wisdom**
10/16, 6-8 pm, \$37/ \$47

November

- » **Moving Beyond the Causes of Suffering: An Intro to the Functions of the Mind & Kleshas**
11/4, 10 am-1 pm, \$47/\$57
- » **Relax, Restore & Reconnect**
11/14, 6-9 pm, Donation
- » **Sadhana in the Himalayan Tradition**
11/18, 6-9 am, Free

December

- » **What's Up Down There?!**
12/1, 10 am-1 pm, \$47/\$57
- » **Namaste: A Human Rights Day Celebration**
12/10, 6-8 pm, \$37/\$47

all workshop prices listed as preregistered/cost at door

extended study

Yamas & Niyamas Study: Exploring Yoga's Foundational Guidelines for Living Your Life Awake!

- » mondays, 6:30-8 pm
\$157 + cost of book
8 weeks: 10/8, 11/5, 12/3, 1/7,
2/4, 3/4, 4/8, 5/6

10 ethical guidelines comprise the first 2 limbs of Yoga's eight-fold path, teaching the tools for skillful living. We will meet once a month to learn about and discuss these guidelines as we systematically work with one guideline a month.

Class includes lecture and discussion, with weekly home observation and practices.

40 Days of Fall Rejuvenation: A Seasonal Ayurvedic Lifestyle Immersion with Ayurvedic Health Counselor, Zach Zube

- » Orientation Workshop:
sunday, 9/16, 2-5 pm, \$150
Program runs from 10/8-11/16
- Gently cleanse impurities from the body & balance your internal digestive fire
- Nourish your physical tissues to superior health
- Prompt self-reflection for personal growth and healing
- Provide tools to counter the negative effects of stress and seasonal change
- Rejuvenate your sense of vitality, immunity, and steadiness
- Weave basic principles of Ayurveda into your daily life

yoga therapy private sessions

Therapeutic SomaYoga, Somatics, Ayurveda & Pheonix Rising Yoga Therapy

- » **with Certified Yoga Therapist, Ayurvedic Health Counselor, Ayurvedic Yoga Specialist:**
90 min/\$105 | 60 min/\$75 | 4 Session Wellness Package/\$310
- » **with SomaYoga Therapist in Training:**
90 min/\$75 | 60 min/\$50 | 4 Session Wellness Package/\$205

For all trainings, intensives & workshops visit YogaNorthDuluth.com

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open classes

Mondays

- » Hatha I, 7-8:15 pm

Tuesdays

- » Morning Hatha, 9:30-10:45 am
- » SomaYoga for Chronic Pain
11 am-12 pm

Wednesdays

- » Yoga Basics for the
Absolute Beginner—**NEW!**
9:30-10:45 am
- » Yoga for Caregivers—**NEW!**
4:00-5:15 pm
- » SomaYoga, 5:30-6:45 pm

Thursdays

- » Morning Hatha, 9:30-10:45 am
- » Gentle Yoga at Hope Church
12:00-1:00 pm

Fridays

- » Early Hatha II, 6:30-7:45 am
- » Stronger! 9:30-10:45 am

Saturdays

- » Rise 'n Shine Yoga, 9-10:15 am

Holiday Specialty Classes

- » **Holiday Peace & Balance**
11/22, 8:30-9:30 am
- » **SomaThankful**
11/23, 5:30-6:45 pm

OPEN CLASSES:
drop in/no registration required

registration series

Preparation for the Practice of Inversions

- » mondays, 5:30-6:45 pm
6 weeks: 10/1-11/5
\$78; \$66 s/s/m

How You Hold Yourself in This World is Whom You Become

- » mondays, 7:00-8:15 pm
4 weeks: 10/1-10/22
\$52; \$44 s/s/m

SomaYoga Series

- tuesdays, 5:30-6:45 pm
- » The Somatic Cat Stretch
8 weeks: 10/2-11/20
\$104; \$88 s/s/m
- » Pain Free Walking
4 weeks: 11/27-12/18
\$52; 44 s/s/m

Yoga to Support Sobriety from Alcohol: a class for those who've quit drinking or would like to

- » wednesdays, 7-8:30 pm
6 weeks: 11/7-12/12
*no class 11/21
\$78; \$66 s/s/m

Grounded and Present

- » thursdays, 6:00-7:15 pm
8 wks: 10/25-12/20
*no class 11/22
\$104; \$88 s/s/m

REGISTRATION SERIES:
registration required

monthly offerings

- » **Yoga of 12 Step Recovery (Y12SR)**
4-5:30 pm, Donation
Sundays: 10/7, 11/4, 12/2
- » **Pain Resolution Clinics**
5:30-7:00 pm, \$27
Thurs: 9/20, 10/11, 11/8, 12/6
- » **Restorative Yoga**
6:00-7:30 pm, \$17
Thurs: 9/20, 10/18, 11/15, 12/20
- » **Yoga for Postpartum**
10:30 am-12 pm, \$17
Sat.: 10/20, 11/17, 12/15
- » **Drum Circles with Sarah
Seidemann, 6-8 pm, \$25**
Tuesdays: 9/25, 10/23, 11/27
- » **Winter Solstice Drum Circle**
December 21: 6-8 pm, \$25

pricing

- » per class: \$15/\$12 s/s/m
- » 10 class pass (6-month expiration): \$120/\$100 s/s/m
- » 5 class pass (3-month expiration): \$65/\$55 s/s/m
s/s/m: student/senior-age 60+/military

Yoga North International SomaYoga Institute
INTERNATIONALLY KNOWN » LOCALLY LOVED

4628 Pitt Street, Duluth » (218) 722-9642



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