

Winter Schedule 2019



Accredited
Yoga Alliance:
RYS 200, 300, 500

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
 » SomaYoga **NEW!** 5:30-6:45 pm
 » BodyWise Yoga: Movement, Reflection,
 Connection **NEW!** 7-8:30 pm

WEDNESDAYS

» Yoga Basics For The Absolute Beginner 9:30-10:45 am
 » SomaYoga 5:30-6:45 pm
 » be your Self: Practical Applications of Yoga Philosophy
 to Train the Mind **NEW!** 6-7:30 pm

THURSDAYS

» Morning Hatha 9:30-10:45 am
 » Parkinson's Specific Yoga at Hope Church **NEW!** 10:30-11:30am
 » Gentle Yoga at Hope Church 12-1:00 pm
 » Grounded & Present **NEW!** 6-7:15 pm

FRIDAYS

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

WEEKENDS

» **SATURDAYS:** Rise 'n Shine Yoga 9-10:15 am
 » **SUNDAYS:** Rise 'n Shine Yoga **NEW!** 10-11:15 am

JANUARY START

» 30 Day Ayurveda Whole-being Well-being Challenge
 Mondays, 5:30-7pm: 1/7-2/4, 5 weeks, \$65/\$55
 » Preparation for the Practice of Inversions
 Mondays, 5:30-6:45pm, 1/7-1/28, 4 weeks, \$52/\$44
 » Yoga Basics for the Absolute Beginner
 Mondays, 7-8:15pm, 1/7-2/11, 6 weeks, \$78/\$66
 » Bringing Yoga to Life through the 7 Principles of Movement
 Wednesdays, 7-8:15pm, 1/16-3/6, 8 weeks, \$104/\$88

FEBRUARY START

» Yoga for Stress, Anxiety & Depression (SAD)
 Mondays, 5:30-7pm, 2/11-3/11, 5 weeks, \$65/\$55

MARCH START

» Pranayam
 Thursdays, 5:30-7pm, 3/6-4/25, 8 weeks, \$104/\$88

PER CLASS

» open class (no registration required) \$15/\$12 s/s/m
 » registration series varies-see class listing
 » monthly offerings varies-see class listing

CLASS PASS

» 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

registration classes

pricing

TUESDAYS

» Band of the Sacred Heart with Sarah Seidelmann
 6-8pm, 1/22, 2/26, 3/26, 4/23, 5/28, \$25

THURSDAYS

» Ayurveda Nourish! 5:30-7pm, \$50
 » 1/3: Digestive Reset-Support Yourself
 to Feel Great After the Holiday Season
 » 1/31: Creating A Sattvic Kitchen-Spiritual
 Spaces and Balanced Meals
 » 2/28: The Healing Power of Culinary Spices
 » 3/28: Chapatis, Chutneys and Spreads...Oh My! The
 Ayurvedic Sides That Make The Meal Come To Life
 » Public Clinics 5:30-7pm, 1/10, 2/7, 3/7, 4/11, 5/9, \$27

SATURDAYS

» Yoga for Post Partum
 10:30 am-12 pm, 1/12, 2/9, 3/9, 4/13, 5/11, \$17

SUNDAYS

» Sadhana in the Himalayan Tradition
 6-9am, 1/13, 2/10, 3/3, 4/14, 5/12, FREE
 » Chakra Flow: Embodying Yoga's Energy Centers
 10-11:30am, 3/3, 4/7, 5/5, \$17
 » Y12SR-Yoga of 12 Step Recovery
 4-5:30pm, 1/6, 2/3, 3/3, 4/7, 5/5, DONATION

monthly offerings

Winter Schedule 2019

workshops

JANUARY

- » Visualize Your New Year Intentions.. 1/6, 6-8pm, \$37/\$47 door
- » Seasonal Support: Using the Ayurvedic Clock & Dinacharya for Year-round Wellbeing 1/17, 6-8pm, \$37/\$47 door
- » Trust Your Gut: Simple Practices for Enhancing Your Intuitive Wisdom..... 1/22, 6-8pm, \$37/\$47

FEBRUARY

- » Meditation 101..... 2/2, 10-1pm, \$47/\$57 door
- » The Chakras: Yoga's Energy Centers 2/3, 10-1pm, \$47/\$57 door
- » Sourced: A Guided Intro. to the Shamanic Journey 2/5, 6-8pm, \$35/\$45
- » Valentine's Day Partner Yoga 2/14, 6-7:30pm, \$27 couple/\$37 couple door
- » Om Sweet Om Book Tour and Yoga Class with Nicole Lovald **includes copy of signed book!** 2/15, 5:30-7pm, \$25
- » Sound Healing Energy Workshop..... 2/23, 6-8:30pm, \$45

MARCH

- » The Mountain 10: Journey to Positive Change 3/2, 9-4pm; Pricing: \$90 including Mt. book/\$70 without
- » Spring Equinox SomaYoga 3/21, 6-7:15pm, \$15/\$12

JANUARY

- » SomaYoga Approach to Classic Asana, *Des Moines, Iowa* 1/25-1/27, \$465 by 12/18; \$495 after

FEBRUARY

- » Teaching Yoga for Stress, Anxiety & Depression, *St. Paul, MN* 2/8-2/11, \$265/\$245 Yoga North ISYI alumni
- » Reiki Level 1 & 2 Training 2/22-2/24, \$350

MARCH

- » American Sanskrit Institute's Intro. to Sanskrit Weekend Immersion 3/9-3/10, \$250

PRIVATE SESSIONS

- Therapeutic SomaYoga, Somatics, Ayurveda and Phoenix Rising Yoga Therapy
 - » With Certified Yoga Therapist, Ayurvedic Health Counselor, Ayurvedic Yoga Specialist:..... 60 min., \$75
..... 90 min./\$105; 4 Session Wellness Package, \$310
 - » With SomaYoga Therapist in Training:..... 60 min., \$50
..... 90 min., \$75; 4 Session Wellness Package, \$205

intensives

yoga therapy

TTO&A

TEACHER TRAINING CONFERENCE CALLS

- Learn about our world-class yoga teacher training programs!
To join the call dial: (515) 739-1015; Meeting ID: 840-596-806
- » Calls are 1 hour long: Thurs., 1/17, 6 pm; Fri., 2/8, 12 pm;
Thurs., 3/14, 6 pm; Fri., 4/19, 12 pm; Thurs., 5/23, 6 pm



DID YOU KNOW? Yoga North ISYI is the only Accredited Yoga Therapy School in the mid-west...and 1 of about 35 in the entire world!

Internationally Known, Locally Loved

Yoga North International SomaYoga Institute
For all trainings, intensives & workshops: YogaNorthDuluth.com
(218) 722-9642, 4628 Pitt Street, Duluth



The yoga therapy components of our certification programs and courses are based on our accreditation through the International Association of Yoga Therapists (IAYT), not derived from our status as an RYS® with Yoga Alliance Registry.