

# Spring Schedule 2019

April 1 - June 30



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

### WEDNESDAYS

» SomaYoga ..... 5:30-6:45 pm

### THURSDAYS

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

### FRIDAYS

» Stronger! ..... 9:30-10:45 am

### SATURDAYS

» Rise 'n Shine Yoga ..... 9-10:15 am

### SUNDAYS

» Rise 'n Shine Yoga ..... 10-11:15 am

**SomaYoga is a unique blending of Somatics and Therapeutic Yoga. Our Institute is known for SomaYoga methodology and principles and the application to Hatha Yoga.**

### BEGINNING SOMAYOGA

» Mondays, 6-7:15 pm ..... \$52/\$44 s/s/m  
..... New 4 week series starts 1<sup>st</sup> Monday of each month

### INCREASE THE BODY'S STABILITY, STRENGTH AND FLEXIBILITY

Come and experience the benefits of SomaYoga and learn how to empower yourself to feel better in this 4 week class!

This class focuses on teaching the basics of SomaYoga in a welcoming atmosphere guided by a skilled teacher to support all levels and abilities.

### YOGA FOR POSTPARTUM

» Tuesdays, 6-7:15 pm ..... \$52/\$44 s/s/m  
..... 4 weeks, 5/7-5/28

### SUNDAYS

» Sadhana in the Himalayan Tradition ..... 6-9 am, 4/14, 5/12, FREE  
» Y12SR-Yoga of 12 Step Recovery ..... 4-5:30 pm, 4/7, 5/5, 6/2, DONATION

## registration classes

## monthly

## pricing

### 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*

## yoga therapy

### 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

## TTQ&A

### TEACHER TRAINING CONFERENCE CALLS

Our studio is the only Accredited Yoga Therapy School in the mid-west... and 1 of about 35 in the entire world! 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: Fri., 4/19, 12 pm; Thurs., 5/23, 6 pm

## workshops

## APRIL

- » Sourced: A Guided Intro. to the Shamanic Journey  
..... 4/2, 6–8 pm, \$35/\$45 door
- » Pain Resolution Clinic.....4/11, 5:30–7 pm, \$27
- » SomaYoga Public Clinic..... 4/27, 10:30 am–12 pm, \$27
- » SomaYoga Public Clinic.....4/27, 3–4:30 pm, \$27

## MAY

- » Mother's Day Yoga .....5/12, 9:30–10:45 am, \$15/\$12 s/s/m
- » SomaYoga for Runners .... 5/18, 10 am–1 pm, \$47/\$57 s/s/m

## MAY—ST. PAUL LOCATION

**Held at Tula Yoga & Wellness, St. Paul:**

- » SomaYoga Therapy & Somatics.....5/17–/5/19
- » SomaYoga Therapy & Somatics Clinical Techniques\*  
.....5/19–5/21, CEUs available

\*SomaYoga Therapy & Somatics Intensive is a pre-requisite



## JUNE

- » SomaYoga CPR Chronic Pain Resolution Retreat  
.....**NEW!** 6/3–6/5, 10–4:30 pm, YACEPs available

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.

## intensives



**SOMAYOGA CPR**  
CHRONIC PAIN RESOLUTION RETREAT

+June 3–5, 2019

Is your mobility limited, are your daily activities being impacted, do you experience less enjoyment from things you used to love to do?

## PAIN COMES IN MANY FORMS.

Enroll in this life-changing retreat. In just 3 days learn simple tools & accessible practices to resolve your pain or discomfort. ***This is the first time this program has been offered for a general audience!***

Location: Yoga North, 4628 Pitt St, Duluth  
Time: 10am–4:30pm  
Price: \$350 **Introductory Offer**  
Register Today: [YogaNorthDuluth.com/intensives](http://YogaNorthDuluth.com/intensives)  
Audience: those suffering from chronic/consistent pain  
Required Purchases:  
Therapeutic Spinal Strip  
Thera-band  
SomaYoga Guidebook current edition  
Therapeutic Spinal Strip Guidebook current edition