

CLASS SCHEDULE

ROOT 2 RISE YOGA

13317 NE 175th St, Suite C, Woodinville, WA 98072
425-486-ROOT (7668) Root2RiseYogaStudio.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9:30 - 10:45 AM Hatha+ Elena</p> <p>12:00 - 1:00 PM Yin Pam</p> <p>1:30 - 2:30 PM Slow Flow Pam</p> <p>5:00 - 6:15 PM Vinyasa *Level 2/3 Casey</p> <p>6:45 - 8:00 PM Hatha+ Casey</p>	<p>9:30 - 10:45 AM Slow Flow Pam</p> <p>12:00 - 1:00 PM Vinyasa Leslie</p> <p>5:00 - 6:15 PM Hatha+ Nicky</p> <p>6:45 - 8:00 PM Vinyasa Nicky</p>	<p>9:30 - 10:45 AM Fusion Richard</p> <p>12:00 - 1:00 PM Slow Flow Casey</p> <p>5:00 - 6:15 PM Vinyasa Ashley</p> <p>6:45 - 8:00 PM Yin Bethany</p>	<p>9:30 - 10:45 AM Restorative Dawn</p> <p>12:00 - 1:00 PM Yoga Core & Flow Dikla</p> <p>5:00 - 6:15 PM Hatha+ Casey</p> <p>6:45 - 8:00 PM Yoga Core & Flow Emily</p>	<p>9:30 - 10:45 AM Hatha+ Elena</p> <p>12:00 - 1:00 PM Slow Flow Bethany</p> <p>5:00 - 6:15 PM Vinyasa Nicky</p>	<p>9:00 - 10:15 AM Vinyasa Nicky</p> <p>10:45 - 12:00 PM Slow Flow Chelsey</p> <p>4:30 - 5:45 PM Yin Nicky</p>	<p>9:00 - 10:15 AM Hatha+ Casey</p> <p>10:45 - 12:00 PM Slow Flow Casey</p> <p>12:30 - 1:30 PM Slow Flow (Complimentary) Nina</p> <p>4:30 - 5:45 PM Yin Dawn/Richard</p>

Schedule Date
10/14/18

WHAT TO BRING: Yoga Mat, Towel, and Water.
If you do not have one or more of these items or forget to bring them, they are also available in-studio.

Classes are **ALL LEVELS** unless otherwise noted. Classes are subject to change.
For our most updated schedule information, visit Root2RiseYogaStudio.com

Heated 80-83°

HATHA+: Hatha yoga is comprised of nearly 200 postures and hundreds of variations. Classes are moderately paced and widely varied, focusing on both standing and floor sequences coupled with breathing exercises. Hatha+ works the entire body helping to improve core strength, balance, flexibility and aid in stress reduction. **This is a great class for beginners.**

VINYASA: A more vigorous style of yoga which turns static yoga postures into a dynamic flow. Attention is placed on breath and the journey between the postures. Vinyasa helps to strengthen and tone the entire body, while increasing overall flexibility. **This is a beginner friendly, all levels class.**

VINYASA * Level 2/3: A playful exploration of unique sequencing, inversions, arm balances and advanced asana postures. For the yogi looking to amp up their practice and spend more time upside down. Focus on core and upper body strength as well as overall flexibility and balance. Consistent vinyasa practice is recommended but we welcome all curious yogis.

YOGA CORE & FLOW: Yoga Core & Flow is a core-focused strengthening series that incorporates traditional yoga postures with modern techniques to condition and tone your muscles while building balance and stamina, on and off the mat. **All levels.**

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1 Month Unlimited \$40

**6 Months Unlimited \$444*
\$99/mo Auto-Pay (no contract)***

*This one-time only *introductory offer* is available within your first 30 days.
Offer available in-studio only, see website for full details.
Prices subject to change without notice.

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Visit Root2RiseYogaStudio.com for additional offers and membership info.

Non-Heated

SLOW FLOW: For students wanting a quiet, more meditative practice with lots of floor work and stretching. This class is ideal for those seeking a gentler, more reflective class. Some standing postures and mild core work included. **All levels, beginner friendly.**

YIN: A slow-paced practice consisting primarily of seated and reclined floor postures which are typically held for 3 - 5 minutes each. Yin yoga encourages circulation in the joints and aids in overall flexibility by targeting the connective tissues of the body (tendons, ligaments, and fascia). Emphasis is on the relaxation of muscles while focusing on breath work and meditation. **All levels.**

FUSION: A 60/40 split of Vinyasa and Yin. All the same great benefits of a vinyasa class with a dose of yin to soothe and relax your mind and muscles. Come see why we think it's the best of both worlds. **All levels.**

RESTORATIVE: A gentle, soothing practice designed around seated and reclined floor postures to enable the nervous system to calm and the body to completely relax into stretches. Props are used to support the body into a deeply relaxed state of peace encouraging connection with the breath. **All levels.**

(Bring your own bolster. Other props (blocks, blankets & straps) available at studio for use.)