

# Binghamton Yoga Schedule

Day	Time	Style	Instructor
Sunday	8:30 - 9:30 am	Gentle 60	Linda
	9:45 - 11:00 am	Yoga & Meditation	Emily
	4:00 - 5:00 pm	Flow 60	Kelly
Monday	9:30 - 10:45 am	Gentle Yoga	Emily
	5:00 - 6:15 pm	Align & Flow Open	Jason
Tuesday	9:30 - 10:45 am	Align & Flow Open	Emily
	11:15 - 12:15 pm	Gentle 60	Emily
	4:30 - 5:30 pm	Flow 60	Carmen
Wednesday	9:30 - 10:45 am	Yin Yoga	Emily
	6:00 - 7:15 pm	Align Yoga	Ann
Thursday	9:30 - 10:45 am	Yoga & Meditation	Rachel
	11:15 - 12:15 pm	Gentle 60	Rachel
Friday	9:30 - 10:45 am	Align & Flow Open	Rachel
	4:30 - 5:30 pm	Restore 60	Dawn
Saturday	8:00 - 9:15 am	Align & Flow Open	Emily
	9:30 - 10:45 am	Align Yoga	Ann

## Class Descriptions

**Align Yoga** - Develop balance, strength & coordination as you focus on the structure of each pose. When the body is in alignment, the mind can find ease. Learn the building blocks of a nourishing yoga practice as you take time in each pose. \*Beginner Friendly\*

**Align & Flow Open** - With a focus on breath, learn the foundations & variations of each posture, while building strength & ease. You'll gain a strong understanding of postures, meditation, and pranayama (breathing exercises). \*Beginner Friendly\*

**Align & Flow** - Deepen your connection with your mind & body as you explore a flowing sequence that challenges your breath & body awareness.

**Yoga & Meditation** - After a comfortable, flowing yoga practice that connects you to breath & body, learn meditation techniques to settle the mind. Open to all levels, this class will have at least 50 min of yoga, 10 min of guided meditation, and 10 min of savasana. \*Beginner Friendly\*

**Gentle** - In this slow-paced, light weight-bearing class, learn how to move comfortably through different postures using the support of props. \*Beginner Friendly\*

Gentle 60 is a 60 min. class, Gentle Yoga is a 75 min. class

**Flow 60** - In 60 minutes, experience a well-rounded practice to strengthen & stretch the whole body in a steady flowing sequence.

**Restore 60** - In 60 minutes, melt away tension & stress with a combination of supported yoga poses, awareness of breath, and meditation. The supported, relaxed postures help to soothe the mind & body. \*Beginner Friendly\*

**Yin Yoga** - Bask in long held, relaxed positions that encourage space in the joints while nourishing mind & body. With a meditative mindset, learn to consciously relax in each pose as sensations come & go. \*Beginner Friendly\*

## Rates

**Drop-In (60 Min): \$10**

**Drop-In (75-90 Min): \$13**

**New Student 1 Month: \$40**

**10 Class Pass: \$110**

**3 Month Unlimited: \$350**

**6 Month Unlimited: \$625**