



**bliss flow**<sup>®</sup>  
YOGA & WELLNESS CENTER

# Summer 2017 Class Schedule

Monday	6:30-7:30 AM	Morning Flow	Stephen
	10-11 AM	Yoga Flow	Heather
	12:15-1:15 PM	Slow Flow	Danielle
	4:45-5:45 PM	Gentle Yoga	Marielle
	6-7 PM	Power Flow $\Delta$	Delight
	7:15-8:15 PM	Yoga Flow	Annie L
Tuesday	9-10 AM	Yoga Flow	Allie W
	12:15-1:15 PM	Body + Soul Flow	Kelly
	4:45-5:45 PM	Yin Yoga	Valerie
	6-7 PM	Power Flow $\Delta$	Allie W
	7:15-8:15 PM	Candlelight Yoga	Megan
Wednesday	6:30-7:30 AM	Morning Flow	Stephen
	10-11 AM	Yoga Flow	Heather
	12:15-1:15 PM	Slow Flow	Andrea
	4:45-5:45 PM	Gentle Yoga	Rob
	6-7 PM	Power Flow $\Delta$	Delight
	7:15-8:15 PM	Yoga Flow	Alexa
Thursday	9-10 AM	Yoga Flow	Allie W
	12:15-1:15 PM	Body + Soul Flow	Kelly
	4:45-5:45 PM	Yin Yoga	Valerie
	6-7 PM	Power Flow $\Delta$	Allie W
	7:15-8:15 PM	Candlelight Yoga	Megan
Friday	6:30-7:30 AM	Morning Flow	Stephen
	10-11 AM	Yoga Flow	Heather
	12:15-1:15 PM	Slow Flow	Andrea
	5:45-7 PM	Happy Hour $\Delta$	Allie W
Saturday	8-9:15 AM	Power Flow	Allie W
	9:30-11 AM	Bliss Flow	Al
	11:15-12:30 PM	Gentle Yoga	Diane
Sunday	8:45-10 AM	Power Flow	Delight
	10:15-11:30 AM	Yin Yoga	Valerie
	11:45-12:45 PM	Gentle Yoga	Patricia
	4-5:30 PM	Yoga Flow $\Delta$	Rachel
	5:45-6:45 PM	Inner Bliss	Ally H

### Low Intensity

**Inner Bliss:** This low intensity class will leave you relaxed, restored and ready to start your week. Explore asana (postures), pranayama (breathwork) and yoga nidra (deep yogic relaxation). Inner Bliss is for any student – beginner to advanced – who is seeking calm, clarity and quiet. 🎵\*\*

**Slow Flow:** This low intensity class focuses on proper alignment and aligning breath to asanas (postures). Uncover your strength and flexibility as you cultivate a grounded presence and meditative awareness.

### Medium – Low Intensity

**Gentle Yoga:** Gentle Yoga offers a fluid sequence of postures focused on restoring and rejuvenating your body and mind. Classes include meditation and pranayama (breathwork) as a way to guide you to balance. Enjoy learning asana (posture variations) and experiencing hands on assists (optional). 🎵

**Yin Yoga:** Yin Yoga is a unique way to deepen your practice and explore the subtle energy of the body. This class features slow, yet challenging poses that are held for longer periods of time to deeply work the connective tissues, increase circulation in the joints and improve flexibility. 🎵

### Medium Intensity

**Body + Soul Flow:** Breathe, flow and experience your most authentic and joyful self! This medium intensity class emphasizes honoring your heart as you cultivate balance and flexibility on and off the mat. Come as you are. This class is modified to meet you wherever your practice is at. 🎵\*\*

**Candlelight Yoga:** This medium intensity vinyasa class will help you drop your day and ease into the evening with flowing postures and fluid music. Balance softness and strength, effort and ease, stillness and movement. This class has been a beloved Bliss Flow tradition for over a decade! 🎵\*\*

### Medium Intensity cont.

**Morning Flow:** Kickstart your day! Morning Flow is a medium intensity class featuring dynamic postures and fresh playlists that will have you energized and ready for whatever your day serves up. (No coffee required!) 🎵

**Yoga Flow:** One breath. One movement. In this medium intensity vinyasa class, there is no single philosophy or rulebook. Postures unfold in flowing waves as you synchronize breath to movement. Explore variations of the practice with each BFY teacher. 🎵

### Medium – High Intensity

**Bliss Flow:** Start your Saturday with your BFY family. You'll have the opportunity to dive deep in this 90 minute mixed-level, medium intensity vinyasa class. Build heat as you play with postures. Increase strength and flexibility as you move to a fresh playlist. Top it off with a delicious savasana before you head into your weekend. 🎵\*\*

**Happy Hour Flow:** Unwind from your week with an extra shot of happy and a whole lot of healthy in this 75 minute mixed-level class. We'll mix up a cocktail of postures and craft a fresh playlist each week – just for you! Roll out your mat and join the party that has been going strong for 10+ years. 🎵\*\* △

### High Intensity

**Power Flow:** Get ready to build heat, strength and flexibility in this high intensity, sweaty flow class. You bring the energy; we'll bring the chaturangas. Together, we'll explore advanced asana variations. Power Flow is recommended for students who feel comfortable with the practice and pace of medium - high intensity classes. 🎵 △

🎵 Instruction accompanied by music  
\*\* A Bliss Flow Signature Class  
△ Requires pre-registration

5/22/17



## Blissful

adj: [blis-fuhl]

full of, abounding in, enjoying,  
or conferring bliss.

## Summer 2017 Class Schedule

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