



bliss flow[®]
YOGA & WELLNESS CENTER

Winter 2017 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-7:30 AM 10-11 AM 12:15-1:15 PM 4:45-5:45 PM 6-7 PM 7:15-8:15 PM	9-10 AM 12:15-1:15 PM 4:45-5:45 PM 6-7 PM 7:15-8:15 PM	6:30-7:30 AM 10-11 AM 12:15-1:15 PM 4:45-5:45 PM 6-7 PM 7:15-8:15 PM	9-10 AM 12:15-1:15 PM 4:45-5:45 PM 6-7 PM 7:15-8:15 PM	6:30-7:30 AM 10-11 AM 12:15-1:15 PM 5:45-7 PM	8-9:15 AM 9:30-11 AM 11:15-12:30 PM	8:45-10 AM 10:15-11:30 AM 11:45-12:45 PM 4-5:30 PM 5:45-6:45 PM
	Morning Flow Yoga Flow Slow Flow Gentle Yoga Power Flow △ Yoga Flow	Yoga Flow Body + Soul Flow Yin Yoga Power Flow △ Candlelight Yoga	Morning Flow Yoga Flow Slow Flow Gentle Yoga Power Flow △ Yoga Flow	Yoga Flow Body + Soul Flow Yin Yoga Power Flow △ Candlelight Yoga	Morning Flow Yoga Flow Slow Flow Happy Hour △	Power Flow Bliss Flow Gentle Yoga	Power Flow Yoga Flow Gentle Yoga Yoga Flow Inner Bliss
	Stephen Heather Alicia Marielle Sarah Annie	Allie W Kelly Valerie Allie W Megan	Stephen Heather Andrea Rob Heather Alexa	Allie W Kelly Valerie Allie W Megan	Stephen Heather Andrea Allie W	Allie W Al Diane	Delight Megan Patricia Stephen 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 your 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 with this sunlit wake up call. Morning Flow is a medium intensity class featuring dynamic postures and fresh playlists that will have you energized and ready to start your day. (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 groove 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

12/18/16



Blissful

adj: [blis-fuhl]

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

Winter 2017 Class Schedule

blissflowyoga.com
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