



1550 S. Pearl Street, #203 Denver, CO
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www.PearlStreetYoga.com
 Find us on Facebook!

Check www.pearlstreetyoga.com for schedule updates

First class is free!
 \$12 drop-in per class

Packages Available:

5 classes \$55
 10 classes \$100
 Month Unlimited \$110
 New Students - \$108 for 3
 group classes & 2 private
 sessions.

We accept cash, checks or
 Visa, Discover and
 Mastercard.

Please bring a towel and water
 bottle to class

Loaner mats are available
 See Class Descriptions on
 reverse side.

Upcoming

Prenatal Partner Class
 Sat., Sept. 11, 2-3:30PM

Essential Oils "Tasting" with
 Tahna Lee
 Sat., Sept. 18, 2-4PM

Mindful Yoga/Mindful Eating
 Saturday, Sept. 3-5PM

Healing Mandala Making with
 Sue Memhard
 Saturday, Oct 2, 2-4PM

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30a		6:30a Early Bird YIN Sarah		6:30a Yin Yoga Connie			
9a						Fusion Yoga Robin	Flow – All Sarah
10a				Mommy & Me 6wks - walking			
10:30a						Flow 2 Leah	11:30AM Prenatal
Noon	**Flow – All Meredith		**Flow 2 Jeff	* ☸ ∞ Restorative Allison	**Flow 1 Erica		
3 p							*** ☸ Yoga Fundamentals Heather
4:30 p	Guided Meditation Shruthi By Donation Only	☸ ∞ Restorative Allison		☸ ∞ Flow 1 Heather			5p Lila Flow Ann
5 p							
5:30 p						Classes are 1hr 15 min Exceptions: * 45 min ** 1 hr *** 1 hr 30 min ☸ Indicates classes that are appropriate if you have never done yoga before ∞ Indicates classes that can be adapted for pregnancy.	
6p	Flow – All Erica	☸ ∞ Hatha Yoga Allison (*Changes to Flow All October 5)	Fusion Robin	6p ***Flow 2 Doug			
7 p							
7:30 p	☸ Heated Detox Babs						

Detox Yoga (Bikram Style): Detox yoga is a set of unique postures that deeply detoxify and revitalize every system throughout the body. A variation of the popular yoga style referred to as Hot or Bikram yoga. The class experience is enhanced through with a warm room (~ 90 degrees F) that facilitates the detox process of the body. This practice builds a perfect foundation of strength, balance, and flexibility and is essential for a comprehensive yogic experience. The same series of postures is practiced in the same manner each yoga class which allows for a deep meditation in movement and allows the body to focus on each posture as your practice progresses. The class is appropriate for those brand new to yoga and the most advanced yogis.

Flow: A Vinyasa Flow class uses consistent, steady breathing to link a series of poses together in a flowing, fluid manner, encouraging the body to move as nature intended. It tones and strengthens your body through isometrics and isotonic, while lengthening the muscle tissue to improve overall flexibility. Within the first few practice sessions you will feel strong, calm, and more energized. But the physical changes are only a by-product of a more empowering purpose. The real miracle is what starts happening underneath, within you. You will notice that lifelong fears start to dissipate, blocked emotions are released, the mind gets quiet and gains clarity, and you experience mental shifts that free you from old thought patterns.

Level 1 – Simple, slow flow sequence, addressing the entire body with focus and intention. Extra attention placed on proper alignment and detail of each pose, making this class ideal for Beginners and appropriate for those wanting to enhance an already established practice.

Level 2 – This class is made more challenging by holding poses longer, adding more difficult poses, and often includes inversions, such as head stand, crow, etc. It is designed for those wanting to expand their practice by learning new poses and increasing the intensity of their class.

All – This class is very well-rounded and is offered to all levels of ability, from the beginner to the experienced yogi.

Floor Flow: Interweaving the insights and techniques of a Yin Yoga practice, meditation techniques, and Chinese medicine this gentle flow class focuses on a sequence of floor poses to enhance the meridian and organ systems of the physical body. Through concentration of breath and long-held postures, this practice intentionally integrates the different energy centers (chakras) to enliven the body, heart and mind. This class is appropriate for all levels.

Fusion Yoga: Fusion Yoga is simply a blend or "fusion" of styles, combining elements of hatha, ashtanga, anusara, and power yoga with emphasis on awareness, intention, alignment and breath. Some classes offer a gentle rocking style to ease the body open, and others offer familiar elements of an ashtanga-type flow. Each class is designed to offer a unique experience - with a different "dharma talk", theme, and emphasis. One session we'll concentrate on opening hips and heart, another emphasizing whole body and flow. An intentional balance between inspiration and physical expansion, students are supported to find their best practice and personal level of challenge for their greatest overall benefit.

Hatha Yoga: This class is an exploration of postures with an emphasis on breath awareness. The word Hatha in Sanskrit, *HA* meaning Sun and *THA* meaning Moon, represents the complementary forces within the human system that practicing yoga facilitates in bringing into equilibrium. Based on student requests, you will be guided through a balanced integration of asana, pranayama, and meditation so that you may develop a deeper awareness of your mind and body. This class is appropriate for everyone.

Lila Flow: Lila yoga is a deeply mindful form of Vinyasa yoga described as a "philosophy in motion". Lila Yoga combines creative, flowing postures while also cultivating a deep mindfulness and gentle acceptance of the present moment. Lila Yoga invites participants to focus on the connection between the breath, physical sensation and emotion and to befriend present moment experience, whatever it may be, with equanimity.

Mommy & Me Yoga Series / Baby & Me: Bring your baby 6 weeks to walking to the studio and enjoy poses that help you be closer to baby; strengthen your postnatal body and enjoy some quality time together.

Prenatal Yoga: Yoga can be very soothing and beneficial during pregnancy. Join this six-week series to learn how to ease some of the discomforts of pregnancy and labor as well as celebrate your changing body. Taught by a prenatal certified instructor.

Restorative Yoga: This class is an opportunity to connect the body, mind, and spirit, to develop greater awareness of the Self, to become more present in each and every moment through meditative practices, to experience relief from tension in the muscles, and to learn techniques to reduce the impact of stress from daily life. We will be focused on using gentle, conscious breathing techniques to access the body's ability to relax and let go through mindful movement and at times a longer holding of body postures. Students are encouraged to come to class with an intention in mind. This class is appropriate for everyone, including people new to yoga or wanting to get back in shape, those with prior injuries or health issues, seasoned yogis, pregnant women, and anyone interested in experiencing an opportunity to participate in a practice suitable for your current and changing needs.

Yoga Fundamentals: Yoga Fundamentals is a thoughtful, methodical practice for new or experienced yogis wanting to deepen their practice. The class is based on the fundamentals of Lila yoga and is applicable to most styles of vinyasa flow yoga. Yoga Fundamentals focuses on the core basics of yoga including discussion of philosophies, workshop of poses and vinyasas, and meditation practice. Appropriate for all levels and abilities particularly those new to yoga. Lila Yoga weaves together the power of a peaceful mind, a balanced body and a spirit of truth. Creative vinyasas combine complimentary Asanas (poses) into powerful patterns of movement. These patterns warm your body, focus your mind and awaken a deeper sense of presence.

