

Pearl Street Yoga

1550 S. Pearl Street, #203 Denver, CO
80210 Tel: 720.341.2233
www.PearlStreetYoga.com

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 and Mastercard.

Please bring a towel and water bottle to class

Loaner mats are available

See Class Descriptions on reverse side.

Upcoming

Balance Bliss: Level One, Sat, Apr 10, 1-3PM

Pre-registration required.

Essence of Vipassana

Meditation w/Shruti Bajaj,

Sat. April 17, 2-4P \$20

(Optional mini meal afterwards. \$25)Pre-registration required.

L.O.S.T., May 6, 4-8PM

Ladies Only Sample Tour on S.

Pearl tickets available for \$12.00 from us – get 40% off a 10 pack and lots of fun freebies from all your fav South Pearl shops & restaurants.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30a		6:30a Early Bird YIN Sarah					
9a						Fusion Yoga Robin	Flow – All Sarah
10a		***Healing Chest Trial Session Allison		Mommy & Me 6wks to walking Emily			
10:30a						Flow 2 Emily	11:30AM Prenatal
Noon	**Flow – All Dede		**Flow 2 Babs	* ☸ ∞ Restorative Allison	**Flow 1 Erica		
2 p						***Healing Chest Trial Session Allison	
3 p							*** ☸ Yoga Fundamentals Heather
4:30 p		☸ ∞ Restorative Allison		☸ ∞ Flow 1 Heather			
5 p							Lila Flow Ann
5:30 p			Fusion Yoga Robin		Flow All Tracy	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		***Flow 2 Doug			
7 p			☸ Heated Detox Kate S.		Dharma Punx Meditation Group 7:30-9P All are welcome; by donation		
7:30 p	☸ Heated Detox Babs						

Detox Yoga: 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 (~ 80 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.

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.

Healing Chest A Restorative Yoga Therapy program created specifically for women who are recovering from either prophylactic or therapeutic surgeries related to breast cancer. Rather than offering a traditional yoga class, The Healing Chest offers an innovative form of therapeutic Yoga to address these specific health issues. While the program incorporates ancient Yoga practices, postures may be modified to accommodate post-surgical limitations for safe rehabilitation. Each class is created to enhance mind body connection with the intent to augment healing. For more info : Ph (303) 921-0418 or E- info@thehealingchest.org or visit www.thehealingchest.org

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.

