

Class Descriptions

Basic I: Explore the fundamentals of yoga. Learn how to breathe and move deeply from within. Practice light movements with consciousness to build strength, balance and flexibility and inner peace.

Mixed Levels: Practice developing balance, flexibility and strength with students of all levels; beginners as well as intermediate and advanced students are welcome here. We practice together following our breath and our inner experience to find the level that is perfect for us. Modifications on poses are offered for varying levels.

Slow Flow: Still challenging but slower flowing with fewer postures than a regular Vinyasa flow class, more emphasis on alignment, breath and the foundations tools of a yoga practice. All levels welcome.

Vinyasa Flow: A dynamic flowing form of yoga, linking body movements with the breath. This class weaves a series of yoga postures through traditional Sun Salutations along with standing postures, backbends, inversions and twists. This invigorating heated flow will warm the body; ease the mind of stress while improving strength and flexibility. Some previous knowledge of poses is helpful.

Yoga/Pilates Fusion: Experience a dynamic blend of Yoga with Pilates core work. Follow your breath with this flowing approach designed to increase strength and flexibility, improve posture, reduce stress and transform your body. All levels are welcome.

Vin/Yin Yoga: A rhythmic heated Vinyasa flow complemented by Yin yoga. Yin yoga features seated and reclining poses, which when held passively for 1-3 minutes, target the connective tissue of the hips pelvis, and lower spine. Classes will begin with a warming Vinyasa sequence of sun salutes and standing poses, and will end with a gentle yin sequence. Intermediate level.

HOT YOGA!: The room is heated to 95 degrees for this vigorous flow, which loosens up muscles and tendons and allowing deeper, longer more effective movements. The heat releases toxins, strengthen the immune system & quickly burns calories. Previous yoga experience is recommended. Please hydrate properly before and after class.

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Restorative Yoga: A gentle, meditative practice that uses props to fully support the body in each pose. This allows the body to completely relax, revitalize and restore energy as well as release tension. Restorative yoga is beneficial for yoga students at any level, needing a more gentle yoga experience. Preparation for class: - Bring a standard size pillow case to use over the bolster - Optional: eye pillow or eye mask - Please refrain from eating anything 2-3 hours before class - **ADVANCED REGISTRATION REQUIRED**

Yin Yoga: Want to be flexible? Yin Yoga is a perfect compliment to the dynamic and muscular (yang) styles of yoga. Suitable for all levels, Yin targets the connective tissues of the body such as fascia, tendons and ligaments. Floor postures are held for long periods of time with the muscles relaxed so you can relieve old patterns of chronic stress and promote optimal health for the joints, spine and most importantly the mind.

Kids Yoga: Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with their inner self and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface. Kindergarten through 3rd grade. *****PRE-REGISTRATION REQUIRED*****

Donation/Karma Class: This is a free community class open to all ages and abilities. This class will be taught by Santosha instructors and guest teachers. Students are encouraged to donate; 100% of the donations goes to various charities.

Free Meditation & Study Group: This free class is held the 3rd Sunday night of every month from 7 PM to 8 PM. Come and learn how start or keep your meditation practice, while also learning ancient yogic teachings and how they apply to modern life. All levels of experience are welcomed.

Scan the QR code with your smart phone or tablet to access our web site.



Class Schedule

Day & Time	Class Level	Teacher
Monday:		
10 am-11 am	Basic I	Jean
5:45 pm-6:45 pm	Basic I	Jean
7 pm-8 pm	Slow Flow	Christie
8:15 pm -9:15 pm	Hot Yoga	Christie
<i>(Please hydrate properly before & after this class)</i>		
Tuesday:		
10 am-11 am	Mixed Levels	Christie
5:45 pm-6:45 pm	Yoga/Pilates Fusion	Debbie K
7 pm-8 pm	Vinyasa Flow	Theresa
8:15 pm -9:15 pm	Slow Flow	Theresa
Wednesday:		
8:30 am-9:30 am	Teacher's Choice (All Levels)	Meaghan
10 am-11 am	Mixed Levels	Meaghan
5:45 pm-6:45 pm	Basic I	Jean
7 pm-8 pm	Slow Flow	Courtney
8:15 pm -9:30 pm	Vin/Yin Yoga	Courtney
Thursday:		
10 am-11 am	Mixed Levels	Theresa
5:45 pm-6:45 pm	Yoga/Pilates Fusion	Debbie K
7 pm-8 pm	Vinyasa Flow	Theresa
8:15 pm -9:15 pm	Slow Flow	Theresa
Friday:		
10 am-11 am	Mixed Levels	Courtney
5:45 pm -7 pm	Yin Yoga	Jean
<u>(1st & 3rd Friday's of the month)</u>		
5:45 pm - 7 pm	Restorative Yoga	Jean
<u>(2nd & 4th Friday's of the month, must pre-register, class limited to 12 students)</u>		
Saturday:		
7:30 am to 8:30 am Hot Yoga (starts 3-10-2012)		
8:45 am-9:45 am	Vinyasa Flow	Theresa
10 am - 11 am	Mixed Levels	Theresa
11:15 am - 12:15 pm	Karma Yoga - Basic	Guest
<u>(1st & 3rd Saturday's of the month)</u>		
11:15 am - 12 pm	Kid's Yoga	Meaghan/Grace
<u>(2nd & 4th Saturday's of the month)</u>		
Sunday:		
8:45 am-9:45 am	Mixed Levels	Debbie J
10 am to 11 am	Basic I	Jean
Free Meditation & Study Group: 3rd Sunday night of the month from 7 PM to 8 PM		

Class Fees

(Pre-registration not required for regular classes)

First Week is Free!	
Single drop-in class	\$ 13.00
5 class package	\$ 55.00
10 class package	\$ 100.00
20 class package	\$ 180.00
Teen/Kids single drop-in class	\$ 9.00
Teen/Kids 5 class package	\$ 40.00
Unlimited Monthly	\$ 89.00
Unlimited 6 Months	\$ 445.00
Unlimited 12 Months	\$ 890.00
Private Lessons (per hour)	\$ 55.00
Semi-Private (per hour)	\$ 65.00
Referral Bonus Class: Receive a free class for each new student you refer to Santosha Yoga.	
Military Discount: 10% discount on all classes and workshops for all Active Duty, Guard/Reserve, Retirees and dependents with a valid ID card.	
Twelve (12) month expiration on all packages (Non-Refundable but can be transferred)	
Workshops and Special Events are not included in the Packages or Unlimited Classes	
Gift Certificates Available (Non-Refundable)	
Cash, Check, Visa, MasterCard & Discover Credit Cards Accepted	

Benefits of Yoga

Yoga has both preventive and therapeutic benefits. It has been shown to offer both physical and mental benefits to the body and the mind.

The many physical benefits of yoga are improving flexibility and muscle joint mobility; strengthens, tones, and builds muscles; corrects posture; strengthens the spine; eases back pain; improves muscular-skeletal conditions such as bad knees, tight shoulders and neck, swayback and scoliosis; increases stamina; creates balance and grace; stimulates the glands of the endocrine system; improves digestion and elimination; increases circulation; improves heart conditions; improves breathing disorders; boosts immune response; decreases cholesterol and blood sugar levels; and encourages weight loss.

The mental benefits include increased body awareness; relieves chronic stress patterns in the body; refreshes the body by relieving muscle strain; relaxes the mind and body; centers attention; sharpens concentration; and frees the spirit.

Western doctors and scientists are discovering additional health benefits of yoga. Studies have shown that it can relieve the symptoms of several common and potentially life-threatening illnesses; such as arthritis, arteriosclerosis, chronic fatigue, diabetes, asthma and obesity. Many believe it even fends off the ravages of old age.

Yoga helps us to focus on the present, to become more aware and to help create mind body health. It opens the way to improved concentration, coordination, reaction time and memory.

The meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives. Many who begin to practice for other reasons have reported this to be a key reason that yoga has become an essential part of their daily lives



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Santosha (Sanskrit): contentment, peace, gratitude

Santosha Yoga is moving.... but not far at all...
 We will still be in Kingston Plaza (same parking lot) but at the north end (formerly Platinum Skin Care).
 Classes will not be cancelled, no shutdown time!!
 Classes continue in the old studio through Feb 25th.
FIRST Class in the NEW STUDIO will be:
 Sunday—February 26th at 8:45 AM

More HOT Yoga—Saturday Mornings
 With Grace Buffa
Starting Saturday, March 10—7:30 AM to 8:30 AM

Reiki Level 1 Training
 With Ania Kopczyński
 Saturday, March 10—2PM to 8 PM
 Pre-registration Required

A Journey into Veganism
 With Paul Krause & Susan Kline of VegMichigan
 Saturday, March 24—2PM to 4 PM
 Pre-registration Required

Pre-Registration required for Workshops. Check our website for more information for all classes and workshops.