

# The Yoga Studio

<http://rapidcityyoga.com>

2050 West Main #3 Rapid City, SD 57702

Phone (605) 390-2320

## Summer 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00 AM		Level 1		Level 1		7:30 - 9:00 am Level 2
8:30 - 9:40 AM	Level 1	Gentle	Level 1	Gentle	Core Yoga	9:15 - 10:30 Level 1
12 noon - 1 PM	Gentle	Core Yoga	Gentle	Level 1	Gentle	10:45 - 12:00 Gentle
3:00 - 3:45 PM			Gentle Chair			
4:30 - 5:30 PM	Intermediate	Gentle	Intermediate	Level 1	Happy Hour	
5:45 - 6:45 PM	Level 1	Intermediate	Gentle	6:00-7:30 pm Kula Gathering		

### ***Breathe. Be Flexible. Be Strong. Be Relaxed.***

**Gentle** ~ Move more freely and reduce chronic pain. Modified postures for improving strength and flexibility. A calm, flowing practice for those who want or need to move at a slower pace. Breath emphasized.

**Core Yoga** ~ Enhance your fitness by awakening your core. Modified yoga sequences focused on systematically strengthening the layers of abdominal and back muscles. All levels encouraged to attend!

**Level 1** ~ Class invites beginners & encourages the continuing student to build strength, stamina & flexibility. Modifications offered. Some sequencing.

**Intermediate** ~ Taught at a pace suitable for the experienced level 1 practitioner. Intensive work on form, core strength, & introduction to more advanced sequencing to deepen your understanding of asana and vinyasa.

**Level 2** ~ For the advanced practitioner. An energetic workout connecting yoga poses in a continuous sequence. Instructor permission advised.

**Gentle Chair** ~ A practice you can take with you anywhere you're seated! All areas of the body will gain strength, flexibility and endurance with this supported chair class. Breath is used to enhance movement and calm the mind. Free to Yoga Studio Members. **\$25 monthly fee. Starts the 1<sup>st</sup> Wednesday of each month.**

**Kula Gathering** ~ All levels. Explore the remarkable principles of alignment, Pranayama, chanting, meditation and discussion

**Happy Hour** ~ Restorative 1<sup>st</sup> Friday of the month, Level 1 thereafter.

**Restorative** ~ Breath is used as the gateway to deep relaxation and inner calm. Supported postures assist in the process of healing the body overwhelmed by stress and encourages a deep state of relaxation. Class size limited. **Sign-up necessary.**

**Discover** ~ Recommended for beginners. 4 week session covers foundation, alignment, breath, sun salutations, basic standing & seated postures & inversions. 4 hours of instruction plus one free Yoga Studio class. Class size limited. Free to Yoga Studio Members. **\$40 fee. Sign-up necessary.** Check our web page at <http://rapidcityyoga.com> or call for class dates

**Prenatal** ~ Workshop provides body awareness calming the mother and soothing the baby. Allows Mom to adjust to body changes and helps prepare for the birthing process. Offers the support you need to do it yourself or to begin a healthy life dedicated to the practice of yoga. Class size limited. **Preregistration required. Call for cost and dates.**

**Drop In Rate: \$10 per Class**

**Unlimited Membership Rates**

\$38.52/month for 12 months

\$44.94/month for 6 months

\$51.36/month for 3 months

\$57.78/month for 1 month

**Student & Spouse rates Available**

**Stretch Studio is now a partner with the Yoga Studio!**

Studio members can attend select classes at Stretch Studio FREE

Check our schedule on-line for class times

Doc & Donna Savage, RYT 200, Owners

Reach us at (605) 390-2320 [RapidCityYoga@yahoo.com](mailto:RapidCityYoga@yahoo.com)