

Lotus Yoga Studio

.....a path to the BEST you

We welcome you to the Lotus Yoga Studio where our mission is to provide exceptional yoga education for positive transformation guided by the eight limbs and four spiritual paths of yoga. We provide a space for you to belong, grow, learn, and nurture your body, mind, and spirit in a loving way.

January					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 am Beginner Yoga Venessa	9:30-10:30 am Mindfulness for Spiritual Awakening Veronica		10:00-11:00 a.m. Yoga Nidra Veronica		8:30 -9:45 am Yin 1/12 – Laina 1/19 - Venessa WORKSHOPS <i>Find Your Flow:</i> Kundalini 1/19 Kristen Wood 10 am – 12 pm \$25
				Specialty Yoga 6:00-7:15 pm	
5:30- 6:30 pm Yoga Nidra Veronica			5-6:30 pm Mindfulness for Inner Peace Veronica (begins 1/10)	1/4 New Moon Manifesting Lizzie 1/11 Buti Yoga: Ignite Your Practice Courtney Moore 1/18 Eclipsing the Wolf Moon Venessa 1/25 Family Yoga: Lit from Within Berkleigh	
7:00-8:15 pm All Lotus Lizzie	7:00--8:15 pm All Lotus Brian	7:00-8:15 pm Vinyasa Groove Venessa	7:00-8:00 pm Unwind & Restore Gentle Yoga Cheryl		

First Class- FREE! (does not include Friday evening specialty classes)
Drop-In: \$15.00 **5 Class Package:** \$60.00 **10 Class Package:** \$110.00 **1 Month Unlimited:** \$95.00 **Monthly Auto-Renew:** \$75.00
Private Yoga or Meditation Coaching: 1 Hour Session - \$65.00 ½ Hour Session - \$45.00



For more information call: (410) 742-6016 or visit our website at www.ThePersonalWellnessCenter.com
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Class Description

All Lotus: This is a vinyasa class suitable for all levels of yoga practice. Modifications are offered at the beginner and intermediate levels so this is a class anyone can take.

Beginner Yoga: An introduction to the practice of yoga, this class will move at a slower pace to emphasize proper alignment and how to use the breath throughout the practice. Come to learn in a supportive environment that teaches students to listen to their body.

Buti Yoga: Buti, in Indian Marathi, means "the cure to something hidden or kept secret." This practice is a high-intensity fusion of yoga, tribal dance, and plyometrics. Classes combine cardio, strength training and flexibility in one seamless format. Buti creates a strong, empowered group that resembles a tribe. Students (aka Butisattvas) stay committed to the practice and are very supportive of one another.

Dark Moon Flow: A vinyasa style class for all levels exploring the unique qualities associated with this particular moon phase.

Eclipsing the Wolf Moon: A vinyasa style Moon Salutation class for all levels exploring the unique qualities associated with the Full Wolf Moon and the lunar eclipse associated with it.

Family Yoga: Yoga for the entire family create a unique bond. This is a vinyasa style class with lots of fun and connections. Ages 4 and up.

Mindfulness for Inner Peace: This very gentle class focuses on awakening the spiritual center to find inner peace. It concludes with a Yoga Nidra to leave your feeling refreshed and alive.

Mindfulness for Spiritual Awakening: Reconnect to your spirit as you are guided through easy, mindful movement paying special attention to both the physical body as well as thoughts and emotions. Gentle movement and breathing exercises will deepen your awareness within the body while connecting you to your inner source of power.

Restorative: When your life is racing full-speed ahead, so is your mind. Restorative yoga helps provide that physical and mental balance to prevent stress and anxiety, through the use of props that allow you to hold poses longer, giving you all the benefits of deep, passive stretching.

Unwind & Restore- Gentle Yoga- Gentle movement and restorative postures are used to release tension on a physical, mental, and emotional level while establishing a mindful awareness and inviting a sense of relaxation and ease.

Vinyasa Groove: This practice focuses on syncing the breath with a continuous flow of movement. Vinyasa is a strong practice that typically includes sun salutations, standing poses, standing balance, stretches, and basic inversions that benefit the mind and body by building heat, endurance, flexibility, strength, focus, and body awareness. Music changes weekly to produce the "groove." *Beginner and Intermediate level class.*

Yin: A Yin yoga class usually consists of a series of long-held, passive floor poses that mainly work the lower part of the body - the hips, pelvis, inner thighs, lower spine. These areas are especially rich in connective tissues. The poses are held for up to five minutes, sometimes longer.

Yoga Nidra: Benefit from rest and restoration in this extremely healing practice. This class consists of breathing exercises (pranayama) and guided meditation to put you in the deepest possible state of relaxation while still maintaining full consciousness. Benefits include the release of muscular, emotional and mental tension.

January Workshops

Saturday, January 19 from 10 a.m. – 12 p.m.

Find *Your Flow*: Exploring the Kundalini Lineage

Curious about Kundalini Yoga? This workshop is for you! Together we will practice a Kundalini kriya, deep relaxation and meditation while also learning about its history. A kriya is a predetermined yoga set that combines movement, breathing techniques and focus to stimulate and move energy throughout the body. Our meditation will be centered on courage and strength as we step fully into the New Year.

Presenter: Kristen Wood, 200 RYT Investment: \$25