



la jolla yoga center

New To Yoga?

Monday:

9:00-9:50 True Beginner
10:30-12:00 Svaroopaa/ Restorative
3:00-4:15 Golden Age
5:00-5:50 True Beginner
7:00-7:45 Meditation
7:00-8:15 Yin Yoga/Restorative
7:15-8:30 Yoga for a Healthy Back

Thursday:

7:45-8:45 Kundalini
9:00-9:50 True Beginner
5:45-6:30 Gentle Healing
5:30-6:45 Intro to Vinyasa
7:00-7:45 Meditation
7:00-8:15 Yin Yoga/Restorative
7:15-8:30 Yoga for a Healthy Back

Tuesday:

8:30-9:45 Hatha
9:00-9:50 True Beginner
11:00-12:15 Yoga for a Healthy Back
12:00-1:00 Vinyasa 1/2
5:00-5:50 True Beginner
6:00-7:00 Anusara-Inspired 1/2

Friday:

9:00-10:00 Gentle Healing
3:00-4:15 Yoga for a Healthy Back
4:45-5:45 Pilates

Wednesday:

9:00-9:50 True Beginner
10:30-11:30 Pilates
11:00-12:15 Yoga for a Healthy Back
1:15-2:30 Hatha
4:30-5:20 True Beginner
5:15-6:30 Anusara-Inspired 1/2

Saturday:

9:00-9:50 True Beginner
9:00-10:15 Hatha/Raja
10:30-11:45 Anusara-Inspired 1/2
6:15-7:30 Hatha

Sunday:

9:00-9:50 True Beginner
9:15-10:30 Hatha/Raja
4:45-6:00 Hatha



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New To Yoga?

Is it time for you to take the next step into these New To Yoga classes? These classes are very user friendly with exceptionally skilled, inspirational, and caring teachers.

True Beginner: Small intimate classes that teach the very basic forms and intentions of yoga in a non-intimidating and fun way.

Anusara Inspired 1/2: an uplifting, heart-opening class with a focus on precise alignment for optimal posture and therapeutic effect. (True Beginner teachers have a background in Anusara to assure your solid foundation)

Hatha: A slower moving class focused on traditional foundational poses that strengthen the body, create flexibility, and promote relaxation.

Hatha/Raja: With its roots in the Walt Baptiste Method of Yoga, this dynamic class emphasizes the unity of movement, breath, & focus, blending action & stillness as a metaphor for life.

Yin and Svaroopa: Restorative, relaxing classes designed to release deeply held stress and tightness in the body.

Golden Age: Yoga class for seniors focusing on creating and maintaining the flexibility, balance, and strength to keep the body and mind youthful.

Introduction to Vinyasa: Learn or solidify your foundation in Vinyasa. Taught at a slower pace, with alignment instructions and options for sun salutations and other poses to set a solid foundation for moving into other Vinyasa Flow classes.

Vinyasa 1/2: Vinyasa yoga taught at a slower pace with generous alignment instructions and options that suit those newer to Vinyasa but like the fluid movement from one pose to the next.

Meditation: Although it takes time to develop a meditation practice, our expert teacher will have you experiencing the calming benefits of meditation in no time with his supportive, caring, and long-time skillful teaching techniques.

Healthy Back Classes: Iyengar style class that uses therapeutic yoga poses to strengthen the back & core muscles, gentle stretches to free the spine, & relaxation to encourage the spinal musculature to release & relax.



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