

Introduction to Yoga: This 5-week series is designed for people new to yoga or those concentrating on the basics. Learn the fundamentals of yoga postures (asana), breath practices, and philosophy. Series start dates: March 17.

Meditation: A beginning meditation class including: sitting instruction, breath work, guided meditation, and practices for healing self and others.

Power Yoga: A warm flowing and energetic practice synchronizing movement with breath. Soak in the heat and build endurance, flexibility, strength, stamina, and balance. A minimum of 6 months of regular yoga practice recommended. Level 2.

Prenatal Yoga: A gentle yoga practice specifically designed for the journey of pregnancy. No prior yoga experience necessary - appropriate for all stages of pregnancy. Level 1.

Yoga Buddhi: A warm yoga flow class that explores the interplay of consciousness and the physical world. The vinyasa style of practice synchronizes breath and movement through pranayama, asanas, and visualization. Level 2-3

Yogahour: Open to all skill levels, this one hour vigorous class, emphasizes power and play to an eclectic music mix. Only \$5. (Cash please).



Our Classes and Instructors

Inner Dance Yoga Studio, serving the Anchorage community since 1982. Our classes and advanced study programs meet a wide range of interests and ability, from vigorous athletic practices to restful healing classes, advanced topics of study, and teacher training. Our teachers have completed, at minimum, a 200 hour yoga training program. Most have advanced study as well as years of experience and are nationally registered with Yoga Alliance.

Find a complete description of each class and our instructors bios on our web site.



Also Available at Inner Dance Studio

Acupuncture

Julia Moore M.Ac. 244-0595

Massage Therapy

Neressa Arbucci, LMT 301-5145

Kathy Ulrich, LMT 229-9476

Yoga Therapy

Karen Greenwood, PT 277-7037

Certified Rolfer™

KB Imle 229-1085

Yoga Class Pricing

- Drop In -

1 hour class \$12 • 1+ hour class \$15 • Yogahour™ \$5

- Seasonal Class Passes - (good for 4 months)

5 classes \$65 • 10 classes (lunch time only) \$100

10 classes \$120 • 20 class family package \$215

- Monthly Unlimited Passes -

One month \$120 • 6 month pass \$108/mo

New to Inner Dance Yoga Studio?

New student special: 5 classes for \$25 (good for 2 weeks)



2610 Spenard Road Suite A • (907) 277-7037

(We're across the parking lot from the Bear Tooth)

email: info@InnerDanceYogaStudio.com

online: www.InnerDanceYogaStudio.com

Inner Dance
Yoga
Studio

Enjoy • Breathe • Move

Dear Friends,

Spring is just around the corner. And I am excited to watch and listen for the signs of the season: the crows gathering and "dancing" on the studio roof, the emergence of bulbs planted last fall, and the evolution in my personal "pose of the year". The signs point the way to renewal. Cast off the old skin and begin again.

At the studio, the season offers opportunity for play and personal healing along with over ten styles of yoga for continuing practice. We will continue to offer *Yogahour* for only five dollars. We've added another Hoop Dance series to the Spring schedule and expanded Capoeira classes. With so many options for practice, the season is now, to enjoy, move, and breathe our way into our own personal Spring.

Thank you for being a part of Inner Dance Yoga Studio. We appreciate you. Please join us in practice.

Karen Greenwood, Director and
Teachers, Therapists, and Staff of Inner Dance Yoga Studio



March Events

American Tribal Style (ATS) Belly Dance with Carrie Moore

Tuesdays 7:00 - 8:00 pm. 6 week courses start March 2 and April 13.

Level 1: Fundamentals. Learn to dance by drilling the basics in fun combinations. Using both slow movements and fast steps you will be dancing in your first class. Learn all basic movements and group formations in a six-week cycle including posture and body awareness, zils, and music. Finger cymbals (zils) available for purchase.

Pricing: \$80

Tuesdays 8:15 - 9:15 pm. 12-week course starts April 13.

Level 2: Tribal Combinations. Refine individual technique by drilling the basics and their variations creatively. Build on your ATS slow and fast movement vocabulary. To take this class, you must understand partner and group dancing taught in level one (above).

Pricing: \$160

Yoga for Runners

Sunday March 14 • 2:30 - 4:30 pm

Join runner and yoga teacher Lisa Smith for an exploration of poses to benefit runners of all abilities. Yoga helps runners find balance, alignment, strength, breath control and flexibility. We'll practice poses for tight hamstrings and hips and poses you can do before and after you run. Kick-off your 2010 running season!

Pricing: \$35

Introduction to Yoga: 5 week series

Wednesdays, March 17 - April 14 • 7:00 - 8:15 pm

Saturdays, April 24 - May 22 • 11:15 - 12:30 pm

Learn the principles of movement, breath, and philosophy that form the foundation for a fun and safe yoga practice. This 5-week class is specifically designed for people new-to-yoga or those concentrating on the basics.

Pricing: \$55



The Cleanse: A 10-day Detox Program

Informational meeting, Sunday, March 14 • 2:00 pm

The Cleanse is an innovative, life-changing, vegan, detox program combining Chinese and Ayurvedic herbs, nutritional supplements, alkaline foods, and yoga. Change the way you feel, look, and live! Learn more at www.thecleanse.com. Order your kit through the studio by March 16 to save on shipping.

Capoeira for Kids and Teens: 5 class series

Fridays, March 19-April 16

Kids (ages 6-11) • 4:30 -5:30 pm

Teens (ages 12-16) 3:15-4:15 pm

Capoeira is a fusion of martial arts, gymnastics, and dance that originated among slaves in colonial Brazil. Explore this expressive art form with Alfredo who has been studying capoeira since he was a boy. This series will introduce the basic moves and then build on those moves with time for the "game" in each class.

Pricing: \$65

Introduction to Ayurveda for Personal Healing

Sunday, March 21 • 2:00 - 4:30 pm

Ayurveda is an ancient Indian system of holistic medicine that seeks to align individual imbalances through adjustments in diet, exercise, and lifestyle. Ayurveda focuses on preventing and removing disease naturally. Join Kira Roberson, Ayurveda practitioner, in an introduction to this natural healing method.

Pricing: \$45

Yoga for Kids

Wednesdays • 4:00 - 5:00 pm

Session Dates: March 24 - April 21

Play, explore, and grow in a yoga class designed to benefit the young mind, body, and spirit. Pre-registration and parental permission required. This is a 5 week session. Class size limited. Ages 6-12, taught by Marcy Baker. Ages 3-5 taught by Kira Roberson

Pricing: \$60 for 5 class series or \$15 drop-in

April Events

Yoga & Mindfulness: Restorative Workshop with Margi Clifford

Saturday, April 3 • 2:00 - 5:00 pm

Join Margi Clifford in a restorative workshop. Nurture compassionate awareness, practice supported postures and guided meditation, facilitate ease of well-being. Appropriate for all levels and physical conditions. Ask about insurance reimbursement.

Pricing: \$40

Anusara Yoga Workshops with Noah Maze

Friday-Sunday, April 14-16

Anusara Therapeutics for Teachers and Students: Friday 2:00 - 5:00 pm

Mixed Level Workshop, Fri-Sun. See website for times.

Join Anusara Certified teacher, Noah Maze, for a therapeutics workshop and a Mixed-Level weekend workshop. Noah's classes weave together Indian stories and myths of the yoga tradition with the practices of asana, pranayama, and meditation.

Pranayama II with Lynne Minton

Monday-Friday, April 19-23 • 7:30 - 8:30 am

This class covers posture, anatomy, philosophy, breath practices, and meditation.

Pricing: \$85



Spring Class Schedule March - May

	TIME	CLASS	TEACHER
MON	10:00-11:00	Yogahour***	Sharon
	Noon-1:00	Hatha Yoga 1-2 / **	Nina
	Noon-1:00	Circuit Yoga / **	Jill W.
	4:30-6:00	Hatha Yoga 1-2 / **	Brie
	5:30-6:45	Prenatal / *	Kristiann
	6:15-7:45	Power Yoga/ ****	Tina
	7:00-8:30	Yin Yang Yoga/ **	Denise
	8:00-9:00	Meditation	Jill B.
TUE	10:00-11:30	Hatha Yoga 2-3 / ***	Karen/Lynne
	Noon-1:00	Hatha Yoga 1-2 / **	Karen/Lynne
	4:15-5:15	Yogahour***	Karen
	5:30-6:45	Anusara Inspired™ 1-2 / ***	Karen
	5:30-7:00	Hatha Yoga w/Alison 2-3 / **	Alison
	7:15-8:45	Hatha Yoga w/Alison 1-2 / *	Alison
WED	8:00-9:15	Hatha Yoga All Levels/ **	Lisa
	Noon-1:00	Yogahour***	Sonia
	4:00-5:00	Kid's Yoga Starts Mar 24	Marcy/Kira
	5:15-6:45	Gentle / *	Karen
	5:30-7:00	Yoga Buddhi/****	Sonia
	7:00-8:15	Intro to Yoga Starts Mar 17	Karen
	7:15-8:15	HoopDance Starts Mar 17	Megan T
THU	10:00-11:30	Hatha Yoga 2-3 / ***	Margi/Lynne
	Noon-1:00	Hatha Yoga 1-2 / **	Anne/Lynne
	5:30-7:00	Anusara Inspired™ 2-3 / ***	Bruce
	6:15-7:45	Hatha Yoga 1-2 / **	Brie
FRI	10:00-11:15	Hatha Yoga All Levels/ **	Margi
	Noon-1:00	Gentle / *	Karen
	Noon-1:00	Yogahour***	Sonia
	5:30-6:45	Hatha Yoga 1-2 / **	Gail
	5:45-6:45	Yogahour***	Staff
	7:00-8:15	Capoeira	Alfredo
SAT	8:00-9:15	Hatha Yoga 1-2 / **	Anne
	9:30-11:00	Gentle / *	Christalyn
SUN	10:30-12:00	Anusara Inspired™ 2-3 / ***	Karen / Bruce
	4:30-5:45	Hatha Yoga 1-2 / **	Megan

INTENSITY		
*	Mild	A gentle practice at a slower pace
**	Moderate	Longer holds & linking poses to build stamina
***	Vigorous	Sustained postures, repetition, & yoga flow
****	Intense	Energetic practice in a hot room

Class Descriptions

To assist you with finding the best class fit, our descriptions include class level and intensity. Class level refers to the pose syllabus used in a class. Each level includes components of the previous levels and more. Intensity describes the level of exertion of the class.

Class levels

Level 1: Introductory & yoga basics: Asana (postures), philosophy, breath practices. Props may be used to increase accessibility and awareness in postures. No active inversions.

Level 2: Expanded poses such as single leg balance asana, deepening forward bends, back bends including upward bow, and introduces inversions.

Level 3: Asana includes deeper back bends, forward bends, and inversions with variations.

Anusara Inspired™ Yoga: Anusara means "flowing with grace and nature." This Hatha Yoga style blends an integrated system of precise alignment principles with an uplifting philosophy to connect us to our highest motivation for practicing yoga. In a warm room with elements of yoga flow and an emphasis on expanding and learning advanced asana.

Circuit Yoga, Level 1-2: Warm-up with sun salutations then customize your practice with a yoga circuit. Select stations that fit your individual needs. Rotations include standing asana, inversions and supported poses.

Gentle Yoga, Level 1, emphasizes basic standing, seated, and supported poses to restore energy, promote healing, reduce stress, and soothe your mind. Therapeutic alignment makes yoga accessible for those with restricted mobility, current injury, or compromised immunity.

Hatha Yoga, Level 1-2, introduces basic principles of yoga asana, philosophy, relaxation, and breathing techniques. Poses are taught in stages of difficulty with use of props, making yoga accessible to everyone. Develop balance, strength, and flexibility through standing, seated and inverted postures. Appropriate for those who are injury free.

Hatha Yoga, Level 2-3, is a continuation of the Level 1-2 practice and includes more challenging asana including longer inversions, deeper forward bends, and deeper back bends. Class is styled in the tradition of Iyengar yoga with emphasis on alignment, use of props, and sustained postures. For those with a minimum six months of regular yoga practice.