

# Inner Dance Yoga Studio

Enjoy • Move • Breathe

## Late Summer Schedule

August 1 to September 13

	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/ ****	Heidi
	8:00-9:00	Meditation	Jill B.
TUE	10:00-11:30	Hatha Yoga 2-3 / ***	Karen
	Noon-1:00	Hatha Yoga 1-2 / **	Karen
	4:15-5:15	Yogahour****	Stefanie
	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	Noon-1:00	Yogahour****	Sonia
	5:15-6:45	Gentle / *	Karen
	5:30-6:45	Yoga Buddhi/****	Sonia
	7:00-8:15	Yoga Basics 1-2/***	Karen
	7:00-8:00	Capoeira all levels	Alfredo
THU	10:00-11:30	Hatha Yoga 2-3 / ***	Margi
	12:00-1:00	Hatha Yoga 1-2 / **	Anne
	4:15-5:15	Yogahour****	Lynne
	5:30-7:00	Anusara Inspired™ 2-3 / ***	Bruce
	6:15-7:45	Hatha Yoga 1-2 / **	Brie
FRI	Noon-1:00	Gentle / *	Karen
	Noon-1:00	Yogahour****	Sonia
	5:30-6:45	Hatha Yoga 1-2 / **	Gail
	5:45-6:45	Capoeira - all levels	Alfredo
SAT	8:00-9:15	Hatha Yoga 1-2 / **	Anne
	9:30-11:00	Gentle / *	Studio Staff
SUN	10:30-12:00	Anusara Inspired™ 2-3 / ***	Karen / Bruce
	4:30-5:45	Hatha Yoga 1-2 / **	Megan

INTENSITY

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



Please visit us at 2610 Spenard Road Suite A  
(Were across the parking lot from the Bear Tooth)

(907) 277-7037

email: [info@InnerDanceYogaStudio.com](mailto:info@InnerDanceYogaStudio.com)

online: [www.InnerDanceYogaStudio.com](http://www.InnerDanceYogaStudio.com)

## Find the best fit! Information about our classes

To help 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 syllabus includes poses such as single leg balance asana, deepening forward bends, back bends including upward bow, and introduction to inversions.

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

### Class Descriptions

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.

Capoeira Dance: A fusion of dance, gymnastics and martial arts, this movement art cultivates agility, self-confidence and the ability to deflect aggression all while having fun!

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, 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.



## Yoga Class Pricing

### - Drop In -

1 hour class \$12     1+ hour class \$15

### - Class Pass -

5 classes \$65     10 classes \$120     10 classes (lunch time only) \$100  
20 class family package \$215     Unlimited classes (6 mo. min.) \$108

### - New Student Special -

5 classes \$25/ good for 2 weeks

[www.InnerDanceYogaStudio.com](http://www.InnerDanceYogaStudio.com)