

Inner Dance Yoga Studio

Enjoy • Move • Breathe

weekly classes

align with the flow of Nature

	TIME	CLASS	TEACHER
MON	10:00-11:15	fusion 1	rachael
	11:45-12:45	gentle yoga	sharon
	noon-1:00	focus on form 1	nina
	4:30-5:45	fusion 1	cindi
	5:15-6:45	gentle	kristiann
	6:00-7:00	hoop dance basics [jan 9-30]	celeste
	7:00-8:00	community yoga (flow)	rachael
	8:00-9:00	meditation	jill
TUE	10:00-11:30	fusion 2	karen g
	noon-1:00	fusion mixed levels	karen g
	4:30-5:45	yogaflow	stefanie
	5:30-7:00	anusara inspired™ 2	karen g
	6:00-7:15	fusion 1	stefanie
	6:00-7:15	intro to yoga** [jan 17-feb 21]	stefanie
WED	10:00-11:15	fusion 1	lynne
	noon-1:00	yogaflow	stefanie
	5:15-6:45	gentle yoga	margi
	5:30-6:45	yoga basics	karen g
	7:00-8:15	intro to yoga** [jan 25-feb 29]	karen g
	7:15-8:15	community yoga (flow)	cindi
THU	6:30-7:30	fusion mixed levels (starts jan 19)	stefanie
	10:00-11:30	fusion 2	anne
	noon-1:00	focus on form 1	anne
	4:30-5:45	fusion mixed levels (starts feb 2)	lisa
	5:30-7:00	anusara inspired™ yoga 2-3	bruce
	6:00-7:15	fusion 1	katie
FRI	9:30-11:15	tigress/tiger level 3 practice	karen g
	10:30-11:15	children's yoga (coming soon)**	studio staff
	11:45-12:45	gentle yoga	karen g
	noon-1:00	yogaflow	stefanie
	5:30-6:30	community yoga (flow)	cindi
SAT	8:00-9:15	fusion 1	katie
	9:30-11:00	gentle yoga	kristiann
	11:30-12:45	yoga for pregnancy	kristiann
	4:30-5:30	community yoga (flow)	hillary
SUN	8:30-10:00	sunday morning yoga	andrea
	10:30-12:00	anusara inspired™ yoga 2-3	karen/bruce
	4:30-5:45	fusion mixed levels	margi

** pre-register by calling the studio at 277-7037 or on-line at www.innerdanceyogastudio.com. Click on events.



inner dance yoga studio
2610 spenard rd, suite a
anchorage, ak 99503
phone: 907.277.7037
email: info@innerdanceyogastudio.com
online: www.innerdanceyogastudio.com

yoga class pricing

drop in: 1 hour class \$12 1+ hour class \$15

[senior/student discount available]

class pass: [good for 6 months]

5 classes \$65 10 classes \$120 10 classes (one hour only) \$100

20 class family package \$215 20 classes (one hour only) \$185

monthly unlimited pass: 1 month \$120 6 months \$108/mo

new student special: (local students only) 1 mo unlimited \$49

our classes and instructors

All classes at inner dance yoga studio are **alignment-based**. Alignment-based practice is an invitation to notice and move with the flow of Nature, in your breath, body, mind, and heart, for health and healing, ease, and delight. How this alignment is achieved will vary depending on the **style** of the class. Class **level** refers to the pose syllabus taught in class and **intensity** describes the level of exertion.

More information about classes including detailed descriptions, teacher bios, and a guide to finding the best class for you, is available at www.innerdanceyogastudio.com

style

anusara inspired™ yoga: Anusara means “to step into the flow”. This style blends Universal Principles of Alignment™ with an uplifting philosophy to connect you to your highest motivation for practicing yoga. Intensity: moderate to vigorous.

children's yoga (ages 3-5): Yoga helps children relax, focus, balance, and be alert. This playful 6-week series includes yoga postures, breathing, story-telling, song, and meditations. Class ends with a comforting relaxation pose. Pre-registration required.

community yoga: Making yoga available to all. Mixed levels. \$8 drop-in or 10 classes for \$50.

focus on form: Explore and refine your practice with this slower paced class with a focus on the alignment and subtle aspects of Hatha yoga. Expect more explanation, hands-on adjustments, and use of props to support the practice. Intensity: moderate.

fusion (flow & form): This class will challenge you to explore the movement and athleticism of flow with time to cultivate and refine skills for inner strength, flexibility, and focus. Intensity: moderate to vigorous.

gentle yoga: A slower paced class emphasizing basic standing, seated, and supported poses to restore energy, promote healing, reduce stress, and soothe your mind. No active inversions. Intensity: mild

hoop dance: Play, laugh, and strengthen your core and skills of coordination. Join Celeste, hoop dancer extra-ordinaire, for hoop basics and on-going skills and play.

introduction to yoga: Learn the basics in the supportive environment of an introductory course. Basic standing poses, forward bends, and backbends are taught in this 6-week series. Pre-registration recommended. Intensity: moderate.

tigress/tiger level 3 practice: A full-spectrum, teacher-led practice using the Anusara Principles of Alignment™. This class will rock your yoga world with challenging poses, community spirit, and opportunity to play your edge. Intensity: vigorous.

meditation: This all levels meditation class includes a 20 minute guided meditation, 20 minute silent meditation and 20 minute savasana. Suggested donation \$5-10.

sunday morning yoga: A balanced morning practice of light asana, guided pranayama, meditation, and kriyas (mantras, movements, mudras). An all-levels class, appropriate for ages 13 and older.

yoga basics: A great class for students new to yoga. Focus on the basics for a solid foundation of yoga. Learn the fundamentals of standing poses, beginning forward bends, back bends, and inversions. Intensity: moderate

yoga for pregnancy: For moms-to-be at all stages of pregnancy, this gentle yoga practice is specifically designed for the journey of pregnancy. No prior yoga experience necessary. Intensity: mild

yogaflow: Flow classes keep you moving for a continuous practice, linking breath and movement. This class is vigorous and playful; it will include more poses and repetition of poses, in a warm room to an eclectic music mix. Intensity: vigorous.

level

level 1: Introductory & yoga basics: asana (postures), philosophy, breath practices. Props may be used to increase accessibility and awareness in postures. Active inversions are taught in stages.

level 2: Expanded syllabus includes poses such as hand balances, deeper forward bends, back bends including upward bow, and inversions.

level 3: Syllabus includes all inversions, deep forward bends, back bends, and hand balances, pranayama, and meditation.