

# ST. PETER YOGA



## Hatha Yoga

This 60 minute class is light to moderate physical activity. An ideal class for all levels. Focusing on calming the mind with stretching, strengthening, and balancing the body. Newcomers welcome.

Mondays | 5:30pm | with Liz

Runs continuously through the year. Contact Liz | 507.931.6450

Tuesdays 4 to 5pm | with Brittany

**Session One | December 6, 13, 20, 27 {\$32}**

**Session Two | January 3, 10, 17, 24, 31 {\$40}**

**Session Three | February 7, 14, 21, 28 {\$32}**

**Register with St. Peter Yoga via email or phone.**

**New!**

**Mondays & Wednesdays 11:00 AM with Kelly**



## Vinyasa Flow

A flowing yoga class that will strengthen, heal, and detoxify the body and mind. This creatively sequenced vinyasa class is based on the Baptiste Power Vinyasa Flow. Previous yoga experience recommended but not required.

Wednesdays | 5:30pm | with Kelly

**Session One | December 7, 14, 21, 28 {\$32}**

**Session Two | January 4, 11, 18, 25 {\$32}**

**Session Three | February 1, 8, 15, 22, 29 {\$40}**

**Register with St. Peter Yoga via email or phone.**



## Gentle Yoga

Gentle yoga is a class that uses modified poses that can be done by almost anyone. These light yoga poses can provide pain relief, relax stiff muscles, and ease sore joints. If you are looking for a slower paced class that focuses on stretching, light strengthening, balancing, and relaxation, then look no further and join us for gentle yoga.

Tuesdays | 5:30- 6:30pm | with Brittany

**Session One | December 6, 13, 20, 27 {\$32}**

**Session Two | January 3, 10, 17, 24, 31 {\$40}**

**Session Three | February 7, 14, 21, 28 {\$32}**

**Register with St. Peter Yoga via email or phone.**



## other notes

Walk-Ins welcome anytime! Drop-In rate \$10.

Punch cards are available for \$85 [for 10 punches]

We are happy to pro-rate classes during the session.

Student rates available with Student ID. Wear comfortable clothing to move in

# Winter 2011



## Saturday All Levels

Every Saturday morning, 60 minute class welcomes students of all - levels. With a rotating teacher schedule you will experience a variety of teaching styles. Each class will be adapted to those students in class and is appropriate for beginners and seasoned yogis.

Saturdays | 9am | Rotates instructors

**\$5 Drop-in fee at the door**

**No registration required- Drop-ins only**



## Intro to Hatha Yoga

This class is ideal for beginners of all fitness levels and teaches the health benefits of the basic yoga poses. The main focal points of class will be strength, flexibility, balance and breath work. Please pre register for this class at least one week prior to start date. Minimum 8 people.

Wednesdays 7 to 8pm | with Kelly

**February 1, 8, 15, 22, 29 {\$40}**

**Please mail registration forms to St. Peter Yoga by January 27th**



## Prenatal Yoga **New!**

Nurture the body, calm the mind and bring forth you're innate female wisdom in a safe, open community of mama's-to-be. Each class will guide you though bonding with baby, breathing techniques, flowing movement & strengthening muscles that support mother & baby during pregnancy and labor. Whether you are a new or experienced yoga student, we welcome all pregnant women.

Mondays 7 to 8pm | with Brittany (also expecting)

**January 2, 9, 16, 23, 30 {\$40}**

**February 6, 13, 20, 27 {\$32}**

**Register with St. Peter Yoga via email or phone.**

For more information check out

ST. PETER YOGA.COM

located at 112 Grace Street | St. Peter Minnesota 56082 | ph. 507.934.4433 | e. info@stpeter yoga.com