

# Rushing Water Yoga Class Schedule for 2012

417 N.E. Birch St., Camas, WA 98607 360.834.5994 www.rushingwateryoga.com

Monday	Tiffany L.	9:30-11 am	Pilates	All Levels
	Tiffany W.	5:45-7:15 pm	Prana Flow - Vinyasa	All Levels
	Tiffany W.	7:30-9 pm	Prana Flow - Vinyasa	All Levels
Tuesday	paul	9:30-11 am	Iyengar Yoga	All Levels
	paul	5:45-7:15 pm	Iyengar Yoga	All Levels
	paul	7:30-9 pm	Iyengar Yoga	All Levels
Wednesday	Tiffany L.	9:30-11 am	Pilates	All Levels
	Shelly	5:45-7:15 pm	Yoga For Every Body	All Levels
	TBD	7:30-9 pm	Yoga	All Levels
Thursday	paul	9:30-11 am	Iyengar Yoga	All Levels
	paul	5:45-7:15 pm	Iyengar Yoga	Intermediate
	paul	7:30-9 pm	Iyengar Yoga	All Levels
Friday	Junko	6-7:30 am	Continuing Practice	All Levels
		7:45-9:15 am	<i>*Free Open Practice for registered students or by donation</i>	
	Tiffany W.	12-1:30 pm	Prana Flow - Vinyasa	All Levels
	Tiffany L.	9:30-11 am	Pilates	All Levels
	Tiffany W.	5:45-7:15 pm	Prana Flow - Vinyasa	All Levels
Saturday	Sally	8-9:30 am	Iyengar Yoga	All Levels
	Sally	10-11:30 am	Iyengar Yoga	Gentle / Prenatal donation
	Tiffany W.	12-1 pm	Yoga for Children / Families	donation
	Tiffany W.	4-5:30 pm	Community Class	Sliding scale \$5 +
Sunday	Tiffany W.	8-9:30 am	Prana Flow - Vinyasa	All Levels
	Elizabeth	10-11:30 am	Continuing Practice	All Levels
	TBD	7-8 pm	Meditation	donation

**Rushing Water Yoga is a Mixed Methods Yoga Studio.**  
We hope you will find a style and teacher that works for you!

## Iyengar Yoga (Sally and paul)

Iyengar Yoga is a method of Hatha Yoga developed by Mr. B.K.S Iyengar of Pune, India. Iyengar's teachings are deeply grounded in the ancient yoga tradition. Iyengar Yoga combines classical Yoga traditions with innovative approaches including: an emphasis on the standing poses, using props, specific sequencing of the poses, and careful individual adjustments. Iyengar Yoga places special focus on developing strength, endurance, and correct body alignment while maintaining flexibility and encouraging relaxation. Your self-image, posture, flexibility and coordination can be enhanced and you may be relieved from depression or fatigue while experiencing greater concentration and more enjoyment out of life.

## Continuing Practice (Junko, Elizabeth)

Yoga postures with conscious breathing and flow. The focus is on releasing tension, adding flexibility and strength, and developing inner peace.

## Pilates (Tiffany L.)

Mat Pilates is a form of exercise, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. Pilates is a body conditioning routine that helps to not only build flexibility, but also strength, endurance, and coordination in the legs, abdominals, arms and back. Training on a mat gives you a body-weight workout that both requires and develops muscular strength and endurance.

## Yoga For Every Body (Shelly)

Inspired by Anusara Yoga this approach focuses on heart-centered explorations of Yoga's power to transform life into a celebration. Classes begin with meditation and include poses and techniques with a focus on alignment, breathing practices, relaxation poses and a closing meditation. Students can expect a safe, structured and customized experience with room for personal inquiry and understanding.

## Prana Flow - Vinyasa (Tiffany W.)

Prana Flow is an energetic, creative, full-spectrum approach to embodying the flow of yoga cultivated by Shiva Rea and the Global Vinyasa Collective of Teachers. Students of all levels are empowered to experience prana - the universal source of breath, life-energy and conscious intelligence - as the navigating source of yoga practice and vital living. Practitioners learn classical and innovative approaches to vinyasa yoga and the state of flow drawn from Krishnamacharya's teachings, Tantra, Bhakti, and Somatics.

**Drop-in:** \$15.00

### Monthly Fee Schedule

**One class a Week:** \$55.00

**Two Classes a Week:** \$105.00

**Three Classes a Week:** \$150.00

**Unlimited** \$160.00

**Unlimited Classes for one week (new students only, one-time only)** \$20.00

Scholarships or sliding scale prices are available. Please request an application.

### Class Policies:

- Wear shorts or footless tights and a T-shirt. Please, no baggy pants. Bare feet are required.
- Please do not wear perfume or heavy jewelry to class.
- Please be on time, arrive with an empty stomach and inform the teacher of any injuries or health issues before class.
- You can make up classes in an appropriate level class any time during the current month or you may bring a friend to your regular class. You can also make up a class "before" you miss it if you know you will go.
- Students who registered and pay in full for the next month may carry over their makeups to that month but only to that month.
- The studio is fully equipped with Yoga props but feel free to bring your own mat.