

Yoga Rasa Weekly Class Schedule

17226 Mercury #108 @ El Camino and Medical Center Blvd.
www.yogarasa.net 281-282-9400

Monday

6:00 – 7:00 am	Yoga Foundation 2	Liz	Experienced Beg
12 – 12:45 pm	Lunchtime Meditation	Ande	All Levels
4:30 – 5:15 pm	Yoga Fundamentals	Tracie	Beg/All Levels
5:30 – 6:00 pm	Orientation	Tracie	Beginner *RSVP*
6:00 – 7:30 pm	Yoga Foundation	Tracie	Beg/All Levels

Tuesday

10 – 11:00 am	Yoga Foundation	Kay	Beg/All Levels
6:00 – 7:15 pm	Yoga Foundation 2	Denise	Experienced Beg
7:30 – 8:30 pm	Pre Natal (8 week sessions)	Gracie	All Levels

Wednesday

6:00 – 7:00 am	Shanti Rasa Flow	Liz	All Levels
12:00 – 1:00 pm	Shanti Rasa Flow	Tracie/Ande	All Levels
5:00 – 5:45 pm	Serotonin	Dr. Paul	All Levels
6:00 – 7:00 pm	Shanti Rasa Flow	Denise	All Levels
7:00 – 7:15 pm	Orientation	Tracie	Beginner *RSVP*
7:15 – 8:00 pm	Yoga Fundamentals	Tracie	Beg/All Levels

Thursday

10:00 – 11:15 am	Yoga Foundation	Ande	Beg/All Levels
5:30 – 6:00 pm	Yoga Fitness	Tracie	All Levels
6:00 – 7:15 pm	Power Yoga Foundation	Tracie	Experienced Beg
7:30 – 8:45 pm	Yoga Foundation	Liz	Beg/All Levels

Friday

6:00 – 7:00 am	Yoga For Your Type	Liz	Beg/All Levels
10:00– 11:00 am	Yoga Foundation	Rasikas	Beg/All Levels

Saturday

9:00 – 10:30 am	Yoga Foundation	Tracie	Beg/All Levels
-----------------	-----------------	--------	----------------

Sunday

10:00 –11:30 am	Yoga Stability	Ande	Beg/All Levels
-----------------	----------------	------	----------------

Effective 6/18/10

**All class times listed on schedule subject to change;
please check www.yogarasa.net for any class changes.**

Intelligent strength: In yoga poses, the whole body is involved. You learn how to use your body from the inside out. Your strength is meant to begin at the deepest supporting muscles and then goes out from there. Through practicing this in yoga class, you can learn to move in a way all the time that keeps your body healthy. In many cases, you can heal your own aches and pains through learning yoga. If you have ever had back pain but do not yet know about the piriformis or psoas muscles, get in class! We talk about these muscles often and teach you how to access them in your own bodies. You gain strength from the core and learn to support all your joints. Our bodies are not actually meant to fall apart as we age. If this is happening to you, yoga will show you how to reverse the clock!

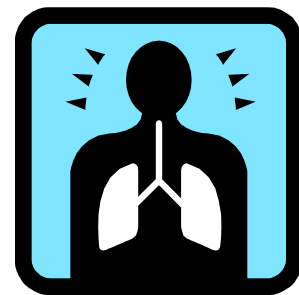


Flexibility: The most commonly known benefit of yoga is that it increases flexibility. This is actually a byproduct of learning intelligent strength. The muscles work in pairs around the joints. Flexibility does no good without strength. As you strengthen one muscle, the muscle on the other side of the joint will become more flexible. Through using all the muscles in the body, you gain increased range of motion in all your joints. Another reason flexibility increases is due to the changes in your nervous system, which I will cover later. Know that it is possible for you to touch your toes again!

Stability & Balance: When you have strength and flexibility, you have stability. When your body is working from the inside out, you can move more easily. You find that your limits begin to disappear. This quality cannot easily be separated from the next...

Power of Mind: If your mind was a car, would you be driving? Most of us let our minds take control of us instead of us taking control of our minds. Sometimes you can't believe what your mind tells you! Yoga teaches you to get back into the driver's seat and create more thoughts that support what you want in life and clean out the ones that do not serve you. You learn to not allow situations or people to take over, but instead to stay committed to your values even when it is a challenge. You become the eye of the hurricane instead of being out in the storm.

Respiratory efficiency: To the degree that you feel stress in your life, your breathing is affected. The ribs and spine are meant to move with your breath. Many people do not use the diaphragm to breathe and instead overuse the neck and shoulder muscles, leading to pain and tightness there. In yoga, you learn the posture and breathing techniques that use the diaphragm and also improve your uptake of oxygen. Your respiratory system links with many of the other systems of the body, which leads me to the next benefit.



Nervous system balance: With the perception of stress and the underusing of the diaphragm, your body is subjected to overstimulation of the "fight or flight" response. As you improve breathing and focus, your nervous system is allowed to relax. Your nervous system basically runs your body, so the effects of this are innumerable. The ability to relax does have to be practiced. Every yoga class works with this concept, leading up to the full relaxation at the end of class. This helps your body work better and also helps you have more rejuvenating sleep.

Improved quality of life: There are countless more benefits, but these give you a general flavor – yoga improves your quality of life. If your body feels healthy and full of energy, if your mind is relaxed but powerful, there is no limit to the amazing experience of life you can have. It just keeps getting better and better.