



YOGADURANGO
CLASS SCHEDULE: EFFECTIVE SEPTEMBER 1ST

TIME	CLASS	NOTES	INSTRUCTOR	LOCATION
SUNDAY				
9:00AM-10:30AM	Hatha	All levels	Sheryl	1485 Florida Rd
5:00PM-6:15PM	Bhakti Flow	All levels	Michele	1485 Florida Rd
6:00PM-7:30PM	Reset Button	All levels	Brady	1140-A Main Ave
MONDAY				
9:15AM-10:30AM	Morning Vinyasa	Level 2 (warm room)	Sheryl	1485 Florida Rd
10:00AM-11:15AM	Gentle Hatha	All levels	Joy	1140-A Main Ave
12:00PM-1:00PM	Hatha Yoga	All levels	Michele	1140-A Main Ave
4:15PM-5:30PM	Breathe & Flow Yoga	All levels	Hana	1485 Florida Rd
4:15PM-5:15PM	Power Hour Vinyasa	Level 2/3	Lindsay	1140-A Main Ave
5:45PM-7:00PM	Power Slow Flow	All levels	Lynn	1140-A Main Ave
6:00PM-7:30PM	Rocket Yoga	Level 2/3	Sarah	1485 Florida Rd
7:30PM-8:30PM	Community Yoga	All levels (by donation)	Varies	1140-A Main Ave
TUESDAY				
9:15AM-10:30AM	Deep Dynamic Flow	All levels (warm room)	Deb	1485 Florida Rd
12:00PM-1:00PM	Hatha	All levels	Sheryl	1140-A Main Ave
4:30PM-5:30PM	Afternoon Flow	All levels	Megan	1485 Florida Rd
5:30PM-6:45PM	Prenatal Yoga	No drop ins**	Sheryl	1140-A Main Ave
6:00PM-7:30PM	Hatha Flow	Level 2	Lindsay	1485 Florida Rd
7:15PM-8:30PM	As you are Yoga	All levels	Aama	1140-A Main Ave
WEDNESDAY				
8:30AM-10:00AM	Flow & Tea	All levels	Deb	1140-A Main Ave
9:15AM-10:30AM	Slow Yoga	All levels (warm room)	Sheryl	1485 Florida Rd
12:00PM-1:00PM	Hatha	All levels	Deb	1140-A Main Ave
4:00PM-5:15PM	Yoga for Healing	All levels	Michele	1140-A Main Ave
4:30PM-5:30PM	Love, Flow & Meditation	All levels	Damiane	1485 Florida Rd
5:45PM-7:00PM	Strength & Grace	Level 2/3	Varies	1140-A Main Ave
6:00PM-7:30PM	Hot Vinyasa	Level 2/3	Katie or Emyrald	1485 Florida Rd
7:30PM-8:30PM	Yoga en Espanol	All levels (by donation)	Varies	1140-A Main Ave
THURSDAY				
8:15AM-9:30AM	Morning Vinyasa	Level 2	Brady	1485 Florida Rd
10AM-11:30AM	Beginner Yoga	Level 1	Joan	1485 Florida Rd
12:00PM-1:15PM	Grace in Yoga	All levels	Deb	1140-A Main Ave
4:15PM-5:30PM	Yin Yoga	All levels	Joy	1485 Florida Rd
4:30PM-5:30PM	Yoga Nidra	All levels	Michelle H	1140-A Main Ave
6:00PM-7:15PM	Deep Flow Yoga	All levels	Varies	1140-A Main Ave
6:00PM-7:30PM	Hatha Yoga	Level 2	Brady	1485 Florida Rd
FRIDAY				
8:15AM-9:30AM	Friday Flow	All levels	Sarah	1140-A Main Ave
9:15AM-10:45AM	More Yin than Yang	All levels	Lynn	1485 Florida Rd
12:00PM-1:00PM	Hatha Yoga	All levels	Michele	1140-A Main Ave
5:30PM-6:45PM	Candlelight Vinyasa	Level 2	Amber	1140-A Main Ave
SATURDAY				
9AM-10:30AM	Hatha	All levels	Varies	1485 Florida Rd
5:00PM-6:30PM	Restorative Yoga	All levels	Varies	1140-A Main Ave

Visit our website yogadurango.com for updates, cancellations, substitutions. * These classes are heated.

**Contact Sheryl at 970-769-6875 for Prenatal Yoga

CLASS FEES

Class drop in: \$15
Student & Senior drop in: \$13
Kids 12 and under: \$8

5 class package: \$65
Student & Senior 5 class package: \$60
(3 month expiration)

10 class package: \$120
Student & Senior 10 class package: \$110
(6 month expiration)

20 class package: \$220
Student & Senior* 20 class package: \$200
(12 month expiration)

Monthly Pass: \$130 (30 class maximum)



MORE INFO

To reach one of our owner/directors:

Michele Lawrence: 970-946-8961
michelelawrence@yahoo.com

Sheryl McGourty: 970-769-6875
sheryl@yogaevolution.com

Our studio space is available to rent on an hourly basis for classes and events. Please contact us for rates and more information.

Class packages are nonrefundable. They may be shared and/or transferred to a friend or family member. This does not apply to the Monthly Unlimited Package. Senior pricing applies to individuals 60 years or older.

DESCRIPTION OF LEVELS

ALL LEVELS: All levels. Modifications given to suit individual needs.

- LEVEL 1:** Beginners. Advanced are welcome to participate and work on basics.
LEVEL 2: Advanced beginner to intermediate. Basic knowledge of yoga asanas.
LEVEL 3: Advanced. Established knowledge of asana and sequence of postures.
For a complete listing of class descriptions, visit yogadurango.com.

ANNOUNCEMENTS AND EVENTS

Tuesday, September 6th; 9:00-10:30am MogaDao 5ElementYang Tonicing Qigong and Heart Forms for the Summer

Dr. Candace Gossen has been here before over the years offering special ceremony, yoga and qigong workshops. This special class is about Expression, Risk, Beauty and Making Meaning through the practice of sacred and ancient qigong forms to strengthen vital essence, Qi. The MogaDao 5 Phase Yang Tonicing Forms focus on the body's organs and their energy lines (meridians) and especially their "humors" as known by the old medicine as their own unique personalities and moodiness. Balance is what we strive for and in respect for the summer season we focus on unique heart forms. Cost: \$15. Contact yogadurango@gmail.com for more info. Register online. Location: 1140-A Main Ave, Durango CO

Thursday, September 15th; 7:30-10:00pm Ecstatic Dance Durango

Warm Up (half-hour) YOGA w/ Dre Gibson ~ High Vibez !!!DANCE MUSIC!! w/ DJ COSMIC CAT ~ VITALizing Free Refreshments provided by Sarvaa Super Foods ~ Cool Down strings SOUND BATH w/ Lora Swartz & friends Ecstatic Dance is a community event available for any and all to come out and cut loose! This is where we are free to be our whole being! Experience the music, express the dance, and experience the ecstatic, moving from the inside out, treating ourselves to yummy free-form celebration . ALL AGES ~ children welcome. Kids under 13 free. \$10 donation Location: 1140-A Main Ave, Durango CO

Sunday, September 18th; 5:00-6:15pm Autumn Equinox Sacred Sound Yoga with Lisa & Michele

In the yearly cycle of our Earth around the Sun we come to that special time of equal balance between light and dark. T Practice led by Michele Lawrence, music played live by Lisa Byrne. Drop in for \$20 or add \$5 to your existing class package. Location: Florida Rd Studio, 1485 Florida Rd, C-201, Durango CO

Saturday, September 24th; 10:00AM-12:00PM Yoga 12-Step Recovery

In this group we weave together the ancient wisdom of yoga and the practical tools of 12-step programs. We recognize that the "issues live in our tissues" and through our intentional, themed yoga practice, guided by our breath, we invoke the God of our understanding to help us release whatever is held. This group is in no way a replacement for 12-step meetings, a sponsor, or any other part of a 12-step recovery program. It is an adjunct providing what we believe is another helpful tool in addressing the physical, mental and spiritual dis-ease of addiction. Offered by donation. Suggested donation \$10. Contact Heather Hooten for more info. Location: Yogadurango on Main. 1140-A Main Ave, Durango CO

Friday, September 30; 5:00-7:00PM Opening the Gates to Creative Potential with Chitra Giauque

Rasa, compiled of lymph, chyle and plasma is the first bodily tissue. In Ayurveda, it is known as the mother tissue, and as such nourishes all others. Cellular nourishment, regeneration, communication and detoxification depend on the health and mobility of this vital fluid. Revitalize the health of Rasa, through accessing the healing waters through unique combinations of asana, wave movement, internal locks, breath work, and primordial sound. Engaging our fluid system can remove issues from the deeper tissues, recalibrate our fluid and energetic matrix and open up space for new possibilities. This practice is a general tonic for the maladies of the 21st Century. A Certified Ayurvedic Practitioner, Chitra is the founder of the Dakini Wisdom School of Yoga, a living confluence of Yoga, Ayurveda, Jyotish and Continuum movement. Cost: \$35. For more information contact Sheryl at 970-946-8961. Register online. Location: Florida Rd Studio, 1485 Florida Rd, C-201, Durango CO

**Check our online schedule for class cancellations on Labor Day, Sept 5.
The Fall Yoga Challenge starts Sunday, October 2nd**