

Blackbird Yoga *fly.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:45 MEN'S BASICS Colette	8:00 - 9:00 EXPAND INTERMEDIATE Jeanine	6:30-7:45 MEN'S BASICS Colette	8:00 - 9:00 EXPAND INTERMEDIATE Jeanine		8:00 - 9:00 EXPAND INTERMEDIATE Nell	
9:30 - 11:00 REFINE ADV. BASICS Mary	9:15 - 10:30 EXPAND INTERMEDIATE Jeanine	9:30 - 11:00 REFINE ADV. BASICS Bernadette	9:15 - 10:30 EXPAND INTERMEDIATE Jeanine	9:30 - 11:00 REFINE ADV. BASICS Bernadette	9:30-10:45 BUILD BASICS Carolyn	9:30-10:45 BUILD BASICS Linda
12:00 - 1:15 BUILD BASICS Linda	12:00 - 1:15 ALIGN BEGINNERS Linda	12:00 - 1:15 BUILD BASICS Linda	12:00 - 1:15 ALIGN BEGINNERS Linda	12:00 - 1:15 BUILD BASICS Laura	11:00 - 11:45 BLACKBIRDIES 4-8yrs Cherie	11:15-12:30 ALIGN BEGINNERS Linda
		1:30-3:30 TEACHERS LAB RYT / TT 3rd Weds of Month		1:30-3:00 FLY ADVANCED Rotating Teachers		
5:45 - 7:00pm REFINE ADV. BASICS Wendy	5:45 - 7:00 ALIGN BEGINNERS Colette	5:45 - 7:00pm REFINE ADV. BASICS Rebekah	5:45 - 7:00 ALIGN BEGINNERS Colette		4:00 - 5:15 OTG ALL LEVELS Laura	4:00 - 5:15 OTG ALL LEVELS Bela
7:15-8:15pm EXPAND INTERMEDIATE Charlie		7:15-8:15pm EXPAND INTERMEDIATE Charlie				

All of our classes are taught in the tradition of **Anusara®**, a modern hatha yoga system renowned for its life-affirming philosophy, alignment principles and heart-oriented community.

CLASS DESCRIPTIONS:

OTG | **ALL LEVELS** - Open To Grace: sweetly soften, settle, breathe and move deeply

ALIGN | **BEGINNERS** - for those brand new to yoga or working with physical limitations

BUILD | **BASICS** - focused on building a foundation of alignment, strength & expansion

REFINE | **ADV. BASICS** - extensive exploration of the Universal Principles of Alignment™

EXPAND | **INTERMEDIATE** - challenging and playful practice built on strong alignment

FLY | **ADVANCED** - radical expansion, pre-requisites: handstand at wall and full wheel

TEACHERS LAB | **RYT / TT** - practice, develop and refine the art of teaching Anusara® yoga