

INFINITE YOGA

& Exploration

CLASS DESCRIPTIONS & SCHEDULE

Fall 2016

INFINITE YOGA 2400 Kettner Blvd. Studio 115, SD CA 92101 (619) 269 7043 www.infiniteyoga.com

Infinite Yoga

Voted "Best Yoga Studio in San Diego", we offers a perfect blend of authentic Ashtanga Vinyasa Yoga complemented with IY's unique *Specialty* classes to bring you *infinite possibilities* and deepen your understanding of Yoga and yourself.

Foundation Level 1-2

Create strength, flexibility, balance with a solid *Foundation*. Learn detailed alignment in postures and proper breathing (Ujjayi) in this fun and entertaining class. Recommended for all new students to Infinite, this class is suitable for expectant mothers, those working with injuries and those wanting a slower paced format.

Ashtanga Vinyasa All Levels

Practice 70% of the dynamic Ashtanga Vinyasa Primary (1st) series (see *Ashtanga Vinyasa Level 3/4*) in this moderate-tempo, traditional class. Strengthen & detoxify your body. You'll learn "jump-throughs" & "jump-backs" and the precise rhythm of breath preparing you for the Level 3 - 4 class. All Levels welcome.

Ashtanga Vinyasa Level 3-4

Ashtanga Vinyasa Primary (1st) Series as taught by the late Sri K Pattabhi Jois in Mysore, India. The series produces a deep internal heat that detoxifies, improves digestion, increases stamina, strength and flexibility while bringing mental clarity and focus. Postures are called out in Sanskrit with very little demonstration. Please attend *Ashtanga Vinyasa* All Levels or *Mysore* before attempting this powerful class.

Mysore All Levels

Experience Ashtanga Vinyasa Yoga the way it is taught in Mysore, India. Open practice, where students can arrive anytime during the times listed. Mysore is a highly personalized approach where the teacher assists you step-by step, posture by posture. You move at your own pace, to the rhythm of your own breath. Our Mysore teachers assist you in the form of hands on adjustments to guide your body into precise alignment of each pose. Suitable for expectant mothers and those working with injuries (*please tell teacher in advance*).

Improv Level 3-4

A strong, focused class with an in-depth "theme" (hip opening, backbending, arm balancing etc.) Intelligently sequenced, deeper breath and multiple preps allow you to move beyond boundaries taking you to new levels in your practice. Ashtanga-based, Forrest Yoga inspired.

Yoga Focus All Levels

Combines the flow of a yoga class, detailed information of a workshop and personal attention of a private yoga lesson. You'll advance in your practice by focusing on one particular aspect or theme of yoga - with a new theme every month. Students must pre-register for twice a week (Tues & Thurs) for 3 weeks. Yoga Focus is an additional charge (class card holders may pay a supplement) and due to results received, these sell out quickly. Please visit the website to pre-reg for the next "Yoga Focus" series.

Cycle2Core All Levels

30 min CycleOM indoor cycling combined with 30 min hard-core abdominal exercises, back strengtheners & a deep stretch. Improve endurance, core strength and backbending. Bring a mat & spin shoes or sneakers. **Please note:** Must have a valid 4, 8 or 20 Class Card or can drop-in for \$20.

Cycle2Yoga All Levels

Friday nights sweat out your work week and get ready for the weekend. Begin with a 30 min fun, calorie-torching spin class at CycleOM followed by 45 mins of flowing vinyasa, strengthening backbends and complete the week with Restorative Yoga. Please bring a mat, water bottle and spinning shoes or sneakers. **Please note:** Must have a valid 4, 8 or 20 Class Card or can drop-in for \$20.

Ride-Run-Yoga All Levels

Infinite Yoga, CycleOM and the beautiful Porta Vista Hotel join forces for a unique Sunday class and Little Italy experience! - 45 min Ride; 15 min Run; 45 min Yoga. Grab a friend and make a unique date for fun, fitness, rooftop yoga, & brunch! Bring shoes and a water bottle - no mat required. **Please note:** Must have a valid 4, 8 or 20 Class Card or can drop-in for \$20.

Tips for New Students

Tri Yoga - It's FREE!

An intro to Infinite Yoga. Recommended for all new students. Tri-Yoga is part class, part discussion. Experience IY, get all your questions answered, learn about the history & benefits of Yoga, find out what classes are right for you & yoga etiquette. "Trini" in Sanskrit means "3". Attend *Tri Yoga* and buy 3 classes at IY for the cost of one drop in!

Parking

We have free parking available for our evening classes. Please ask at the front desk for details and pick up a parking pass.

Yoga Mat, Towel & Water

Please bring a yoga mat and towel to every class. We have mats to rent, but recommend you have your own. Water and coconut water are available at the front desk.

Respect for Self and Others

It's best to practice on an empty stomach and respectful to practice fragrance, lotion and oil free. Please switch off cell phones before you enter the studio.

Moon Days & Mysore

Mysore is not offered on *Moon Days* (the day of each New and Full Moon) as Ashtanga tradition regards them as non-practice days. ALL other classes are taught. The current moon day calendar can be found on the website.

Want more than just a class?

Visit our website InfiniteYoga.com for detailed information on our workshops, yoga retreats, private lessons and nationally certified yoga teacher trainings (200 & 500 RYT). Visit CycleOM.com for the daily schedule of indoor cycling classes.

Infinite Yoga is Registered Yoga School with Yoga Alliance.

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