

YOGA SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sculpt 8:30am		Vinyasa Flow 8:30am	Sculpt 8:30am	Vinyasa Flow 8:30am	Sculpt 9:30am Intro to Hatha Yoga 11:00am-12:00pm
Intro to Hatha Yoga 10:00am					
Yoga 12:00		Yoga 12:00		Yoga 12:00	
Vinyasa Flow 5:30pm	Sculpt 5:30pm	Intro to Hatha Yoga 5:30pm			



PRICES

4 Classes
\$40/month

8 Classes
\$70/month

12 Classes
\$100/month

Unlimited Classes
\$120/month

Drop In Classes
\$15

To schedule please call The
Alluvian Spa at 662.451.6700

STUDIO *A*



325D Howard Street Greenwood, MS 38930 866.728.6700 thealluvian.com

CLASS DESCRIPTIONS

INTRO TO HATHA YOGA

75 minutes (Brand New Students)

Learn the basics of yoga: breathing techniques, alignment, standing and seated poses and stretching. This class is designed to ease students into an awareness of their own bodies using a gentle approach. Strongly recommended for newcomers, seniors, pregnant women and those with special needs.

Contrary to popular belief, Hatha Yoga is not a "style" of yoga. Hatha simply describes any practice involving postures (asanas), which is the vast majority of yoga practiced in the United States. All of our Yoga classes fall into the category of Hatha Yoga. Gentle, Vinyasa and Restorative are only a few of the styles of Hatha Yoga.

The regular practice of Hatha Yoga can help you recognize your hidden physical and mental potentials. Through the continued performance of Asanas, you will gain flexibility and strength, and learn to be more relaxed under otherwise stressful situations. Hatha Yoga's relaxation exercises will open energy channels, which in turn allow spiritual energy to flow freely. Some Asanas also massage and tone your internal organs, helping to prevent diseases such as diabetes, arthritis and hypertension. They also bring balance to internal and glandular functions. Pranayama, or breathing techniques, may help manage asthma and bronchitis.

GENTLE FLOW

75 minutes (beginners and continuing students)

Enjoy a practice of gentle flowing postures that will warm and open the body, encourage internal health, and quiet the mind. Link standing and seated postures with breath in this gentle practice. Postures can be modified for any level.

VINYASA FLOW

75 minutes

(Prior yoga experienced necessary)

Cultivate overall stamina, strength, and flexibility while gaining focus and peace of mind. Learn to breathe and move using classical yoga poses to help heat the body to stretch comfortably and safely.

This fun, flowing class combines postures and sequences from various styles of yoga to give your body the breath work and movement it needs. With a dynamic flowing sequence of postures linking breath and movement, cultivate awareness while building core strength and flexibility.

SCULPT-YOGA AND PILATES

60 minutes/75 minutes (All levels)

Sculpt combines standing and mat exercises using various body sculpting exercises and Pilates resistance techniques to develop a strong core (abs, back and hips), and long lean muscles with an emphasis on balance and flexibility.

YOGA

60 minutes (All levels)

Come dressed as you are! This slower paced class is geared for the busy professional. Take a break from your day to enjoy some mindful breathing and stretching techniques guaranteed to carry you throughout the rest of your day. Enjoy a light lunch before heading back to the tasks at hand.

CREATIVE MOVEMENT

60 minutes (Ages 3 - 4 and 5 - 7)

Ages 3-4, Monday 3:45 (January 14 - March 17)
Ages 5-7, Tuesday 3:45 (January 15 - March 18)

Creative movement and dance is an enjoyable way for young children to develop their physical skills, channel their energy, stimulate their imagination and promote their creativity. Creative dance involves using body actions to communicate an image, an idea or a feeling. Locomotor and nonlocomotor skills flourish when children are provided sufficient practice opportunities. Other benefits include a development in dance and language vocabulary, a profound appreciation of art, nature and dance, and the growth of social awareness skills. Creative movement is a 10 week session and costs \$99.00 for the entire session. Space is limited to 10 students and must have at least 5 to run.



INSTRUCTORS

CHRISTIE BEATTIE has been teaching Hatha Yoga since May 2001. She received her certification from Center for Yoga and Health, Inc. in Clinton, MS. Christie has worked in the fitness field (aerobics and personal training) for over ten years prior to teaching yoga. She is a Registered Massage Therapist and is the Wellness and Operations Coordinator at The Alluvian Spa.

MARGARET ANNETTE HAMMONS began practicing yoga in 2004 at Butterfly Yoga in Jackson, MS. She started teaching yoga in 2005 and was certified with the Yoga Alliance in 2006. Annette continues to study in the Anusara style at Butterfly Yoga in Jackson.

ERIN MULLIGAN has been teaching and practicing yoga for over seven years. She received her training and certification from Judy Baker at Fitness Resource Associates in Boston, MA. Prior to teaching yoga, Erin choreographed and performed in professional dance companies in Boston and New York City. A recent Delta resident, Erin has relocated from Newport, RI and currently lives in Indianola.

TONI POWERS has been practicing yoga for over 18 years and teaching for six. She completed her 200 hour training course with Cindy Lee at OM Yoga in Memphis and is a certified yoga instructor with the Yoga Alliance. Toni also teaches cooking classes at the Viking Cooking School.

DAWN WHITFIELD has been educating for many years. When she is not here in Greenwood, she may be found teaching at the Sunflower County Freedom Project in Sunflower, MS. A talented dancer and choreographer, Dawn brings grace and enthusiasm to all of her classes. She currently lives in Indianola with her husband and two sons.