



YOGA & PILATES SCHEDULE // Winter 2012

15 N. Butler Street Madison, WI 53703 | 608.251.1245 | WWW.CAPITALFITNESS.NET

(Effective February 1)

MORNING

AFTERNOON

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM SUNRISE YOGA with John / 60 Min	6:00 AM ALIGNMENT YOGA with Maureen / 60 Min	6:00 AM ALIGNMENT YOGA with Maureen / 60 Min	6:00 AM SUNRISE YOGA with Erin / 60 Min	6:00 AM SUNRISE YOGA with John / 60 Min		
	9:00 AM VINYASA FLOW YOGA with Erica / 90 Min		9:00 AM ENERGY FLOW YOGA with Maureen / 75 Min	9:00 AM VINYASA FLOW YOGA with Erica / 90 Min	9:00 AM GO WITH THE FLOW YOGA with John / 75 Min	8:30 AM FORREST YOGA with Rebecca / 75 Min	
						10:15 AM HATHA YOGA with Laura / 75 Min	9:30 AM ALIGNMENT YOGA OR HATHA YOGA w/Maureen or Erin / 75 Min
	11:45 AM VINYASA FLOW YOGA with Erica / 75 Min		11:45 AM VINYASA FLOW YOGA with Erica / 75 Min		11:45 AM GENTLE FLOW YOGA with Nicole / 60 Min	11:45 AM CORE FLOW YOGA with Marika / 75 Min	11:00 AM VINYASA FLOW YOGA with Ellen / 75 Min
	12:00 PM PILATES MAT with Liz / 60 Min	12:00 PM PILATES MAT with Caitlin / 60 Min	12:00 PM PILATES MAT with Liz / 60 Min	12:00 PM GO WITH THE FLOW YOGA with Nicole / 75 Min			
		12:00 PM ALIGNMENT YOGA with Maureen / 60 Min			1:00 PM VINYASA FLOW YOGA with Erica / 75 Min		
						3:30 PM KUNDALINI YOGA with Treena / 90 Min	4:00 PM HATHA YOGA with Erin / 75 Min
	5:00 PM PILATES MAT with Liz / 60 Min	5:15 PM PILATES MAT with Robin / 60 Min	5:00 PM PILATES MAT with Liz / 60 Min	5:30 PM ENERGY FLOW YOGA with Marika / 75 Min	5:00 PM HAPPY HOUR YOGA with Maureen / 60 Min		5:15 PM PILATES MAT with Robin / 60 Min
	5:00 PM GO WITH THE FLOW YOGA with Dana / 60 Min	5:30 PM FORREST YOGA with Rebecca / 75 Min	5:30 PM HATHA YOGA with Treena / 75 Min		6:15 PM POWER FLOW YOGA w/Marci or Ellen / 60 Min		5:30 PM ENERGY FLOW YOGA with Emma / 75 Min
	6:45 PM POWER FLOW YOGA with Erica or Marci / 75 Min						
		7:00 PM ENERGY FLOW YOGA with John / 75 Min	7:00 PM VINYASA FLOW YOGA with Ellen / 75 Min	7:00 PM SLOW FLOW RESTORATIVE YOGA with Marika / 75 Min			



YOGA & PILATES CLASS DESCRIPTIONS // Winter 2012

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Alignment Yoga

A **beginner to intermediate level class** that allows students to calm the mind and nurture the soul while aligning the body with suitable yoga poses to build balance and strength. Breath work is strongly emphasized and relaxation is a given. An optional head massage is given by the instructor at the end of class to restore the body back to mindfulness.

Core Flow Yoga

A **mixed level class** that will reset your "GO" button with an invigorating, core-focused practice that will re-energize your body and mind. Expect a sweaty workout; then wind down with a deep, aromatherapybased relaxation. Head back out into the world re-charged!

Energy Flow Yoga

A **mixed level class** that is fun, energetic, yet deeply grounding and set to great tracks! Explore new postures and dynamic sequences that stretch your body and your boundaries. Physical modifications and hands-on assists help you take your practice to new levels. Bring a playful spirit!

Forrest Yoga

An **intermediate level class** that challenges you to fire up your core and ignite your passion for life. This type of yoga practice was developed for today's modern lifestyle and all of its physical repercussions. Go deeper in your practice by building and reinforcing the connection with your authentic self. Cultivate strength and integrity on the mat, and bring that courage with you into your daily life.

Gentle Flow Yoga

A **beginner to intermediate level class** that provides a safe and nurturing environment to learn basic poses and flow sequences. This class will be inspired by Iyengar and Anusara yoga, using props (blankets, blocks) and hands-on adjustments to build the right asana (pose) for your body. We will also explore basic Pranayama (breathing) techniques and meditations.

Go-with-the-Flow Yoga

An **intermediate level class** that has a flow practice of asanas used to build strength and bring awareness to your mind in order to release stress and tension. This class will include a flow sequence followed by a short meditation and savasana. Test your ability to "go with the flow" within your own yoga practice.

Happy Hour Yoga

A **mixed level class** designed to help you move from afternoon to evening with joy and focus. Begin your weekend with laughter in your heart, steadiness in your body and optimism in your mind. Bring your energy and playful spirit! After all, it is your happy hour.

Hatha Yoga

A **mixed level class** that will guide you through sequences of postures (asanas) and breathing techniques (pranayama). Through these practices, the body is stretched and strengthened and the mind is calmed. Hatha yoga encourages proper alignment of the body, improved body awareness, and strong mental focus.

Kundalini Yoga

An **intermediate to advanced level class** that is a powerful and effective form of yoga, and a great way to recharge and heal the body and mind, allowing the spirit to flow freely. Kundalini yoga is the science of integrating intense physical poses with breath work, sound current, and meditation. Join us as we cleanse and strengthen the seven energy centers of the spine building from root to crown.

Power-Flow Yoga

An **intermediate to advanced level class** that will challenge you and help to build strength and flexibility on and off the mat. In class, you will connect your breath with movement and work every part of your body through a series of Vinyasas and long holds in poses (asanas) that will require a calm, focused mind and determination. Please bring a water bottle and towel.

Slow Flow Restorative Yoga

A **mixed level class** that will allow you to leave behind the bustle and distractions of daily life and devote time to restoring your sense of wellbeing. A soothing flow warms and opens the body. From there we melt into some deeply relaxing postures, using blankets, blocks, and bolsters for support. Allow gravity, beautiful music, aromatherapy and hands-on assists to dissolve tension and reset your energy levels. A great way to end your day!

Sunrise Yoga

A **beginner to intermediate level class** to begin your day. We will warm up the body with sun salutations, then flow into a series of postures designed to increase balance and flexibility and strengthen the core

and spine. All movements are done while focusing on your breath and proper body alignment.

Vinyasa Flow Yoga

An **intermediate to advanced level class**. The pace will shift each time we practice to continually progress you into more advanced asanas (postures). Music will be used to fire the journey and inspire as you remain focused and centered in your yoga practice. The names of asanas are spoken in Sanskrit and English. All yogis welcome -modifications will be given. Please bring a water bottle and towel.

Pilates Mat

This class is guaranteed to work your core while maintaining a focus on good form and alignment. You will learn to coordinate the breath and movement together while strengthening and stretching the body. All levels welcome.

For more information on private Pilates or yoga instruction, please contact Charity Johnson, Assistant Manager at 251-1245 or e-mail at charity@capitalfitness.net.

THE MEANING OF NAMASTE

The gesture Namaste represents the belief that there is a Divine spark within each of us that is located in the heart chakra. "Nama" means bow, "as" means I, and "te" means you. Therefore, Namaste literally means "bow me you" or "I bow to you." For a teacher and student, Namaste allows two individuals to come together energetically to a place of connection, free from the bonds of ego-connection. The teacher initiates Namaste as a symbol of gratitude and respect toward her students and in return invites the students to connect to the truth that we are all one when we live from the heart.