

Our All-levels classes do not assume prior yoga experience.

Beginner Basics - Recommended for New and returning students

A class for students to learn how each pose feels in the body that will be suitable for beginners or continuing students. Focus on fundamental concepts, including postures, alignment, stretching, strengthening and balance. Options will be given and modifications encouraged. Learn yoga in a slow/mindful way

Yoga 1 Mat - All-Levels

All-levels is a mixed level class with challenging but accessible postures, including modifications/variations for all levels. Class includes standing, seated, and reclined poses designed to maintain or increase strength with an emphasis on alignment.

Vinyasa Flow Mat - Yoga 2 Mat

An intermediate-advanced level class open to experienced yogi's seeking a more vigorous practice. During the class students will experience movement of body and breath to build heat, develop strength, flexibility and stamina. Not recommended for New or beginners

Slow-Flow Gentle Yoga Mat

A gentle yoga class for all levels to help wind down the day with a short guided meditation at the end.

Classes are held in the Sundial Yoga Room.

Bring a yoga mat and a small blanket or beach towel, and water.

Please arrive 25 - 30 minutes before class to sign in and pay, door closes 10 minutes before class. Current schedule can be found at hathayogaclub.org.

Sample Schedule –YOGA MAT classes Winter Nov- April – Summer May-Oct -

***Schedule subject to change - see current month :**

Monday

8:30am - 9:45am [All-levels](#)

10:30am - 11:45am [Vinyasa Flow](#)

Tuesday

8:00am - 9:15am [All-levels](#)

10:00am - 11:15am [All-levels](#)

Wednesday

8:30am - 9:45am [Level-2](#)

6:00pm - 7:15pm [Gentle](#)

Thursday

10:00am - 11:15am [All-levels](#)

6:00pm - 7:15pm [All-levels](#)

Friday

8:30am - 9:45am [All-levels](#)

10:30am - 11:15am [Beginner Basic](#)

Saturday

*9:00am - 10:15am [All-levels](#)

YOGA CHAIR CLASSES - *Schedule subject to change
PRE-REGISTRATION and PRE-PAYMENT REQUIRED

The Hatha Yoga Club also offers CHAIR YOGA for those who have difficulty transitioning to and from the floor. Participation is limited. Each session is six classes and participants must pre-register and pre-pay.

Chair yoga allows students to perform and enjoy the postures while seated and standing, using the chair for support. Explore the benefits that the regular practice of chair yoga can provide. Chair classes are led by Marci and Carlyn. For more information and to get on the waiting list call Carlyn (T/W) at 623-972-9602 or Marci (M/F) at 623-980-8528.

Sample Schedule - Current schedule can be found at hathayogaclub.org

Monday

1:00pm - 2:15pm

Wednesday

10:30am - 11:45am

Thursday

1:00pm - 2:15pm

Friday

1:00pm - 2:15pm

Call for information on chair classes Carlyn at 623-972-9602 or Marci at 623-980-8528.

**Our mat beginners class is an introduction to the yoga poses and proper alignment.
A new member, however, may go to any of our Mat All-level or Gentle classes.**

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