

# Kundun Yoga class schedule winter 2012

*Vinyasa yoga flow taught by Marie-Aude (505) 407-4020*

*\*Schedule is subject to change; get on our mailing list to stay up-to-date*

<b>Tuesday</b>	<b>9 – 10am</b>	<b>Community Flow</b> (all level) Ongoing	<b>Vista Grande Community Center</b> 15 La Madera Road, Sandia Park
	<b>6:15 – 7:30pm</b>	<b>Vinyasa Flow</b> (Inter/adv with 1 year of yoga practice) Ongoing	<b>Body Dynamics Studio</b> 12129 Highway 14 - Cedar Crest
<b>Wed</b>	<b>7 – 8am</b>	<b>Slow Flow</b> (all level) Ongoing	<b>Body Dynamics Studio</b> 12129 Highway 14 - Cedar Crest
<b>Thursday</b>	<b>9 – 10am</b>	<b>Community Flow</b> (all level) Ongoing	<b>Vista Grande Community Center</b> 15 La Madera Road, Sandia Park
<b>Friday</b>	<b>9 – 10am</b>	<b>Basic Flow series</b> (beg & senior) <b>7 weeks/ Jan 13 – Feb 24</b> <i>Join us today</i>	<b>Body Dynamics Studio</b> 12129 Highway 14 - Cedar Crest
	<b>5:30 – 6:45pm</b>	<b>Slow Flow</b> (all level) Ongoing	<b>Body Dynamics Studio</b> 12129 Highway 14 - Cedar Crest
<b>Saturday</b>	<b>12:30 – 2:30pm</b>	<b>Therapeutic Flow / Raw Food</b> <b>Workshop</b> (All level) <b>6 weeks / Feb 18 – March 24</b>	<b>Body Dynamics Studio</b> 12129 Highway 14 - Cedar Crest
<b>*new</b>	<b>RSVP early – Limited space</b>		

**Basic Flow** Intro to yoga and flow yoga; a great class for seniors, and student who wish to start up yoga. You will learn the basic poses, yogic breathing, learn to relax and integrate each pose with the next, and flow.

**Community Flow** A low cost Vinyasa Flow at a moderate pace for all level students.

**Slow Flow** This gentle flow will take you through gentle Asanas (yoga postures) in a creative sequence, allowing for a gentle healing response of the body with less of a "workout", emphasizing on correct alignment to further personal growth and removing accumulated stress.

**Vinyasa Flow** A juicy and dynamic yoga flow will leave you renewed and transformed. Moving from one pose to another using Ujjayi breath, overtime you will develop a deeper focus within, bringing forth a natural state of meditation. While building strength & flexibility your mind will quiet down and become peaceful.

**\*Therapeutic Flow / Raw Food workshop** Design to help you incorporate delicious, nutritious, balanced, easy, and fun raw food recipes in your diet to improve your health and clear your body of diseases (diabetes, fibromyalgia, bursitis, chronic fatigue/pains, arthritis,...) remove emotional instability, heal old injuries, regain your energy, clear your head of foggy thoughts, and feel alive again like it was intended to be. Each session will have 1hr of Therapeutic Flow, keeping an accent on healing a particular part of the body; lymphatic, back care, shoulder opener /recovery, hip pain release. You will leave this workshop with tools to help you live a healthier life without a fight. Each week we will taste one raw food dish, and it will be given to you to try at home.

**RATES general class pass:** Drop-in \$15 (Cash only) ~ 6 class pass \$75 (valid 3 months – good for all classes) ~ 10 class pass \$115 (valid 4 months – good for all classes) ~ 20 class pass \$215 (valid 5 months – good for all classes)

*Seniors/students (65+, full time): 1 class \$12 ~ 8 class pass \$80 (valid 3 months) photo ID required (not valid for Basic Flow)*

**Community class:** Drop-in \$8 (Cash only) ~ 10 class pass \$70 (Valid at community center only)

**Basic Flow series:** 7 weeks \$91 (paid 1 week before).

**\*Therapeutic Flow/ Raw Food (2hrs):** 6 weeks \$120 / RSVP in advance -limited space. Drop-in \$25

**For more info visit [www.KundunYoga.com](http://www.KundunYoga.com)**