



May

Downtown

69 Wentworth Street, Charleston

Monday

6:30 – 7:30	Hour Flow	Mark
9:30 – 10:45	Jivamukti	Mark
12:15 – 1:15	Hour Flow	Tricia
4:00 – 5:00	Hour Flow	Tricia
5:45 – 7:15	All Levels	Kelly
7:30 – 8:30	Basic	Caryn

Tuesday

6:30 – 7:30	Hour Flow	Jim
12:15 – 1:15	Hour Flow	Ashley
4:00 – 5:15	Hot Detox Flow	Ashley
5:45 – 7:15	Hot Yoga	Kelly
7:30 – 8:30	Hot Hour	Cara

Wednesday

6:30 - 7:30	Hour Flow	Mark
9:30 – 10:45	Yin-Vinyasa	Kelly
12:15 – 1:15	Core Power	Mark
4:00 – 5:00	Hour Flow	Ashley
5:45 – 7:00	Hot Power Vinyasa	Ashley

Thursday

6:30 – 7:30	Hour Flow	Jim
12:15 – 1:15	Hour Flow	Beth
4:00 – 5:00	Hot Detox Flow	Ashley
5:45 – 7:00	Jivamukti	Mark
7:30 – 8:30	Hour Flow*	Mark

Friday

9:30 – 10:30	Warm Friday Flow	Caryn
12:15 – 1:15	Hour Flow	Drew
5:30 – 7:00	Hot Yoga	Cara

Saturday

9:30 - 11:00	Jivamukti	Mark
12:00 - 1:00	Hour Flow	Mark

Sunday

9:30 – 11:00	Hot Power Vinyasa	Cathy L.
12:00 - 1:00	Basic	Jameela
5:00 – 6:00	Warm Detox Flow	Ashley

Mount Pleasant

627 Johnnie Dodds Boulevard, Mount Pleasant

Monday

7:45 - 9:00	Hot Detox Flow	Ashley
9:15 - 10:45	Hot Yoga	Ashley
12:15 – 1:15	Hour Flow	Cathy L.
4:00 – 5:15	Ashtanga	Cathy M.
5:45 – 6:45	Hour Flow	Cathy M.
7:15 - 8:15	Hour Flow	Erin

Tuesday

6:30 – 7:30	Hour Flow	Mark
9:00 – 10:30	Yin-Vinyasa	Kelly
12:15 – 1:15	Hour Flow	Annie
2:30 – 3:30	Senior Yoga - Strength	Annie
5:45 – 7:00	Hot Power Vinyasa	Cathy M.
7:15 - 8:15	Deep Stretch Slow Flow	Suzanne

Wednesday

7:45 - 9:00	All Levels	Cathy M.
9:15 – 10:45	Hot Power Vinyasa	Ashley
12:15 – 1:15	Hour Flow	Cathy M.
4:00 – 5:30	Hot Yoga	Jolee
5:45 – 7:00	Ashtanga	Cathy M.
7:15 – 8:15	Hour Flow	Drew

Thursday

6:30 - 7:30	Hour Flow	Mark
9:00 – 10:30	Yin-Vinyasa	Kelly
12:15 – 1:15	Hour Flow	Tricia
2:30 – 3:30	Restorative Yoga	Annie
5:45 – 7:00	Hot Detox Flow	Ashley
7:15 – 8:15	Hour Flow	Ashley

Friday

7:45 - 9:00	Hot Power Vinyasa	Jolee
9:15 – 10:30	Hot Power Vinyasa	Erin
12:15 – 1:15	Hour Flow	Erin
4:00 – 5:00	Happy Hour Flow	Cathy M.
5:30 – 7:00	Ashtanga Improv	Cathy M.

Saturday

7:15 – 8:45	Ashtanga	Cathy M.
9:00 – 10:15	All Levels	Ashley
10:30 – 11:30	Basic	Ashley

Sunday

9:00 – 10:30	Hot Yoga	Jim
5:00 – 6:00	Hour Flow	Cara

Schedule Subject to change.
Please visit our website for the most up to date info:
www.blueturtle yoga.com

Blue Turtle Yoga Class Descriptions

Hot = 100° Hot Flow/Vinyasa = 90° Warm Flow = 85° all other classes = 78 - 82°

No Experience Required

These classes are great for beginners as well as students who would like to deepen or diversify their existing practice. Always inform your instructor if you are a first time yoga student and share any health related issues that could be of concern when starting a new physical activity.

- **Basic** – This slower flow allows for postures and transitions to be broken down and explored in greater detail. The emphasis on fundamentals allows both new and seasoned practitioners to maintain the powerful breath through which we access hidden strength, flexibility and peace of mind.
- **Hot Yoga/Hot Hour** – Safe and beneficial for most individuals*, this practice involves holding postures for 30 and 60 second intervals. The stillness allows for easy modification for all fitness levels, and the heat presents a challenge to the mind while opening the body. Come to class hydrated!
- **Yin-Vinyasa** is a balanced practice of two complimentary styles of yoga. In the Yin portion poses are held passively to focus on opening the dense connective tissue of the hips and lower back. The Yang or Vinyasa portion of the practice utilizes slow intentional flow yoga to build strength, stamina, and improved circulation.
- **Deep Stretch Slow Flow** (MTP only) – Similar to Yin-Vinyasa, but rather than doing the yin portion first followed by the flow portion, the deeper stretches are broken up by a gentle flow between the longer holds.
- **Senior Yoga** (MTP only) – a class especially for seniors (or other persons with physical considerations that may limit range of motion) focusing on strength, core and stability
- **Restorative Yoga** (MTP only) – stretch, relax and restore balance in our most gentle yoga class suitable for seniors and those with physical limitations

Some Experience Recommended

The following classes are recommended for all levels, but students are encouraged to take a few basic classes first to make their experience safer and more enjoyable.

- **Hour Flow/All Levels** - These classes celebrate the diversity of our talented teachers, but all will present an opportunity to develop strength and stamina while embracing flexibility and grace.
- **Warm Friday Flow** (downtown) – Not too hot, but still nice and toasty, this hour flow will be just what you need to set things right for a feel-good Friday!
- **Warm Detox Flow** (downtown) – The perfect way to wring out your weekend.
- **Happy Hour Flow** (Mount Pleasant) – a fun flow designed to start your weekend right
- **Bollywood!** - The last Thursday of every month the Hour Flow Downtown at 7:30 features Bollywood inspired music and movement. Costumes and glitter are welcome and encouraged!
- **Ashtanga** (Mount Pleasant only) – Ashtanga Vinyasa yoga, founded by Shri K. Pattabhi Jois, provides the foundation and format for virtually all flow styles of yoga being practiced today: sun salutations followed by a standing sequence, seated postures, backbends and inversions.
- **Hot Power Vinyasa** – a dynamic flow that focuses on building internal heat through longer holds interspersed with more rapid flow sequences and core work, as well as the added challenge of a higher room temperature and increased humidity to up the sweat factor
- **Jivamukti** (*jee-va-mook-tee*) – The name Jivamukti was derived from the Sanskrit word for liberation. This style of yoga was birthed in the United States in the early 1980s and has spread world-wide. Jivamukti yoga honors yoga's heritage through exposure to Sanskrit (language) and philosophy, keeps students hooked to the present through strong breath and sweaty flow and uplifts through amazing music.
- **Core Power** – an all levels class with an emphasis on developing core strength
- **Hot Detox Flow** - a flowing sequence with a great deal of twisting in both standing, seated, and supine poses meant to free up mobility in the spine and detoxify the internal organs.

New to Yoga?

You don't need to see yourself as flexible, graceful or coordinated to attend a yoga class. Yoga helps to develop these qualities! If you are new to yoga, choose a class from the "No Experience Required" category. Arrive a few minutes early and let your instructor know that you are new to yoga. We will be thrilled to have you and help you feel comfortable! You'll practice in bare feet on a yoga mat, available for rent at EcoFitness should you not have your own. Wear comfortable clothes that you can stretch in. If you have any additional questions or concerns please contact us at: blueturtle yoga@ecofitness.com

*Heated yoga classes are not generally recommended for prenatal students; for this other questions, please contact us at blueturtle yoga@ecofitness.com.