



SEPTEMBER 2010



DOWNTOWN

843-723-4995

69 B Wentworth Street
Charleston, South Carolina 29401
www.blueturtle yoga.com

Monday

12:15 – 1:15	Hour Flow	Tricia
4:00 – 5:15	All Levels	Tricia
5:45 – 7:15	All Levels	Kelly
7:30 – 8:45	Basic	Ashley

Tuesday

6:30 – 7:30	Hour Flow	Jim
12:15 – 1:15	Hour Flow	Cathy M.
4:00 – 5:00	Hour Flow	Kelly
5:45 – 7:15	Hot Power Vinyasa	Dave

Wednesday

9:00 – 10:30	Yin-Vinyasa	Kelly
12:15 – 1:15	Core Power	Caitlin
4:00 – 5:30	Ashtanga Improv	Cathy M.
5:45 – 7:15	Hot Yoga	Kelly

Thursday

6:30 – 7:30	Hour Flow	Aimee
12:15 – 1:15	Hour Flow	Caitlin
4:00 – 5:15	All Levels	Stacy
5:45 – 7:15	Jivamukti	Mark

Friday

6:30 – 7:30	Hour Flow	Ashley
9:00 – 10:15	All Levels	Caitlin
12:15 – 1:15	Hour Flow	Harry
5:30 – 7:00	Hot Yoga	Michelle Sabido

Saturday

9:30 – 11:00	Jivamukti	Mark
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Sunday

9:30 – 11:00	Hot Power Vinyasa	Cathy L.
5:00 – 6:30	Ashtanga Improv	Cathy M.

MT. PLEASANT

843-972-1760

627 Johnnie Dodds, Hwy 17 North
Mt Pleasant, SC 29464
www.blueturtle yoga.com

Monday

9:00 – 10:30	Hot Yoga	Ashley
12:15 – 1:15	Hour Flow	Cathy L.
4:30 – 5:30	Level 2	Michelle Seay
5:45 – 6:45	Hour Flow	Michelle Seay
7:00 – 8:15	All Levels	Cathy M.

Tuesday

6:30 – 7:30	Hour Flow	Aimee
8:30 – 9:30	Gentle	Suzanne
10:00 – 11:00	Iron Yoga	Dave
12:15 – 1:15	Hour Flow	Annie
1:15 – 1:30	Meditation	Annie
2:30 – 3:30	Senior Yoga	Annie
4:00 – 5:15	Kundalini	Michelle Seay
5:45 – 7:00	Hot Power Vinyasa	Cathy M.

Wednesday

6:30 – 7:30	Hour Flow	Suzanne
9:15 – 10:45	Hot Power Vinyasa	Dave
12:15 – 1:15	Gentle Flow	Harry
4:00 – 5:30	Hot Yoga	Marianna
5:45 – 7:00	Basic	Annie
7:15 – 8:15	Hour Flow	Kris

Thursday

9:00 – 10:15	Yin-Vinyasa	Kelly
10:30 – 11:30	Prenatal-Postpartum	Kari
12:15 – 1:15	Hour Flow	Tricia
2:30 – 3:30	Senior Yoga	Annie
4:00 – 5:00	Level 2	Michelle Seay
5:45 – 7:00	Hot Detox Flow	Ashley
7:15 – 8:15	Hour Flow	Erin

Friday

9:15 – 10:30	Hot Power Vinyasa	Harry
12:15 – 1:15	Hour Flow	Michelle Seay
5:30 – 7:00	Ashtanga Improv	Cathy M.

Saturday

9:00 – 10:15	All Levels	Stacy
10:30 – 11:30	Basic (cancelled for workshop 9/11)	Ashley

Sunday

9:00 – 10:30	Hot Yoga	Jim
5:00 – 6:15	Community	Erin/Cara

Come to Class Prepared:

Clothing should be comfortable – not too tight or too loose. Leave all other belongings (including shoes and especially phones and blackberries) outside of the studio in lockers, cubbies or other designated areas. Bring a large (beach-sized) towel to heated classes to prevent slipping on your mat, as well as water and an open mind.

Questions? email info@blueturtle yoga.com

Blue Turtle Yoga Class Descriptions

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. (78-80 degrees)
- **Gentle Flow** (Mount Pleasant only) – similar to basic, but with a greater percentage of prone, supine and seated postures (78-80 degrees)
- **Community** (Mount Pleasant only) – This free class is taught by recent graduates of our teacher training program as part of a continuing education internship. The format is similar to a basic class. (78-80 degrees)
- **Hot Yoga** – 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! (95-99 degrees)
- **Kundalini** (Mount Pleasant only) – This style of yoga links sets of exercises called kriyas that may consist of rapid, repetitive movements or longer active holds paired with various breathing techniques. This practice is designed to awaken and strengthen body, mind and spirit. (80-85 degrees)
- **Prenatal-Postpartum** (Mount Pleasant only) – designed for women in their second or third trimester of pregnancy, as well as those in the postpartum period
- **Senior Yoga** (Mount Pleasant only) – a class especially for seniors or other persons with physical considerations that may limit range of motion

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.

- **All Levels** - These classes celebrate the diversity of our talented teachers, but all will present an opportunity to breathe, flow, stretch and grow. (80-85 degrees)
- **Hour Flow** – a 60 minute version of our all levels classes (80-85 degrees)
- **Hot Power Vinyasa** – a dynamic flow designed to increase strength, stamina and flexibility with added external heat to increase the sweat factor (90-94 degrees)
- **Iron Yoga** – a combination of weighted exercise (the iron) and deep stretching (the yoga) that immediately follows the EcoCross class on Tuesday mornings in Mount Pleasant (see spinning schedule for details, heated to 90 degrees)
- **Jivamukti** (downtown only) – a physically and intellectually stimulating class that includes diverse sequencing, chanting, and sweaty asana to keep the class unanticipated (80-85 degrees)
- **Core Power** (downtown only) – an hour flow with an emphasis on developing core strength (80-85 degrees)
- **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.

Intermediate Level Classes

These classes are best suited for those with an established practice.

- **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. (90-94 degrees)
- **Level 2** (Mount Pleasant only) – This class offers the vibrant flow of an all levels class, but with greater opportunity to explore more advanced modifications of standing and seated postures as well as inversions and arm balances. (80-85 degrees)
- **Ashtanga Improv** – Based loosely on the primary series of Ashtanga Vinyasa yoga, the instructor will modify the sequence and explore different themes and postures within the system. As with Level 2, expect opportunities to explore more advanced postures, including inversions and arm balances. (80- 85 degrees)

* Hot Power Vinyasa, Hot Detox Flow, Iron Yoga and Hot Yoga classes are not generally recommended for women who are pregnant. Please contact Ashley Kennedy, Studio Director and Certified Prenatal Yoga Instructor, with any questions (info@blueturtle yoga.com).