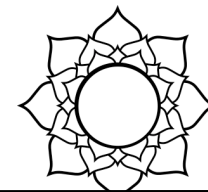


MOUND STREET YOGA CENTER

1342 Mound Street | Madison, Wisconsin

www.moundstreetyoga.com



Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00 - 8:00 AM BEGINNING/ CONTINUING Linda		8:00 - 9:30 AM INTERMEDIATE YOGA Scott	
9:00 - 10:15 AM BEGINNING/ CONTINUING Julia	9:00 - 11:00 AM ADVANCED YOGA Scott	9:00-10:00 AM GENTLE PILATES (starts May 18) Lisa	10:00 - 11:30 AM GENTLE YOGA KRIPALU Penny	10:00-11:00 PILATES/YOGA MIX Alicia (starts June 3)	10:30-11:30 AM**** Special Topics Series course. Please see website for details	
11:30-12:30 MELT Liron	11:45-12:45 PM BEGINING PILATES Collette	12:00-1:00 PM RELAX & REGENERATE Pema	11:45 - 12:45 PM PILATES Collette	12:15-1:15 PM TAI CHI Robert		
			1:00-2:30 PM POSTNATAL YOGA Christine			
5:30 - 7:00 PM INTERMEDIATE YOGA Andrea	5:30 - 6:30 PM PILATES/YOGA MIX Collette	5:30 - 7:00 PM INTERMEDIATE YOGA Scott	5:30 - 7:00 PM EISCHENS YOGA Ali	5:30 - 7:00 PM INTERMEDIATE YOGA Andrea		6:30-7:30 PM PILATES Susan Watson
7:15 - 8:45 PM PRENATAL YOGA Christine	7:00 -8:00 PM BEGINNING/ CONTINUING Alicia	7:15 - 8:15 PM BEGINNING YOGA Nina	7:15 - 8:15 PM INTRO TO YOGA*** <i>8-week series</i> Andrea			

*** Next Intro to Yoga series starts, 5/12 and 7/7

Mound Street Yoga Center

Madison's original yoga studio offers the finest yoga instruction in Yoga, Pilates and more.

Beginning Yoga classes develop the fundamentals of yoga postures and breathing. Participants learn practical techniques to release tension patterns in the body and mind. In addition to releasing accumulated stress, participants build strength and flexibility.

Intermediate Yoga classes build on the material learned in the beginning classes. By expanding the repertoire of yoga postures and learning to breathe deeply and easily, participants find a greater level of ease in their body and mind.

Advanced Yoga classes deepen the processes started in the earlier classes. Emphasis is placed on understanding how the bones and organs affect the skeletal muscles. Students learn how all outward expressions of movement are reflections of what's occurring within the body.

Relax and Regenerate a yoga class to take when you are feeling depleted. In this class we will use imagery, breath work, gentle movement, and meditation to create positive change in the mind-body connection. Learn techniques to help re-inhabit the body, even after years of chronic pain, fatigue, or disease. Especially designed for those working with stress, chronic disease, or injury, accessible for anyone who would simply like to relax and regenerate.

Hatha Yoga integrates nature's rhythms and the yogic arts to address modern-day needs. A creative and focused atmosphere encourages students to engage in the moment, access core strength, foster fluid movement and create a compassionate connection with self.

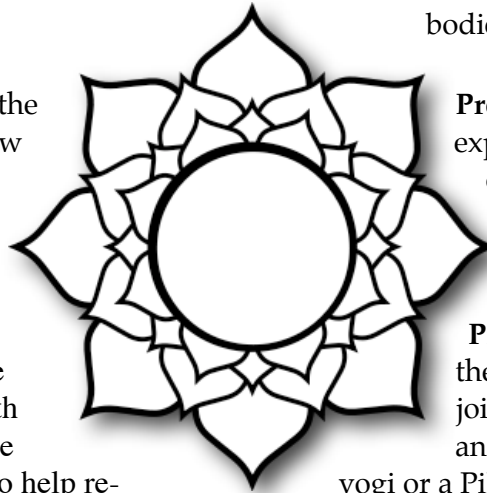
General Yoga includes instruction in asanas (yoga postures). Focus on standing and seated poses, simple twists and introduction to shoulder stand and sitting meditation using breath awareness throughout.

Eischens Yoga is rooted in the Iyengar tradition, with alignment and integrity of the poses at its core. Eischens Yoga helps students learn to sense its profound effects on the energy flow of the body, to practice yoga in accordance with their own constitutional type and to balance their bodies and their energy flow.

Prenatal Yoga is a gentle class that requires no prior experience. Each pose is specifically chosen to benefit the changing body of a pregnant woman. You strengthen different parts of your body that aid in an easier pregnancy and delivery.

Pilates works to educate and balance the different muscles of the body so that they work efficiently as a unit, thereby easing joint and muscular pain, improving posture, increasing strength and awareness in your body. If you're already an experienced yogi or a Pilates enthusiast, **Yogilates** is a great way to add something new to the practice you enjoy.

Intro to Yoga is an 8-week series designed for beginners to build a strong foundation in a comfortable setting for continued growth. Participants will learn tools to build strength and flexibility, release accumulated tension and cultivate a calm steadiness of mind.



FEEL THE GROUND

CONNECT TO THE BREATH

RELAX THE MIND