



# MINDFUL MOVEMENT STUDIO

OPEN: Mon-Fri 5:30AM - 9PM / Sat-Sun 7AM - 8PM

PHONE: (831) 920-0912

## Saturday

9:30-10:30 AM

### **Gentle Flow Yoga**

Irene Ericksen

10:45-11:45 AM

### **Pilates**

Irene Ericksen

## Sunday

8:30-10:00 AM

### **Yoga Core Strengthening**

Tamara Lewis

## Monday

8:00-9:00 AM

### **Good Morning Yoga**

Faith MacDonald

9:15-10:15 AM

### **Fundamentals of Hatha Yoga**

Joyce Anue

12:45-2:15 PM

### **Qigong/Tai Chi**

Tamara Lewis

6:00-7:00 PM

### **Gentle Vinyasa**

Faith MacDonald

## Tuesday

8:00-9:00 AM

### **Good Morning Yoga**

Junko Movellan

9:15-10:15 AM

### **Yogalates**

Junko Movellan

5:30-6:30 PM

### **Alignment Hatha**

Monique Clark

## Wednesday

8:00-9:00 AM

### **Pilates**

Alana Truax

9:15-10:15 AM

### **Slow Flow Restorative Yoga**

Faith MacDonald

12:00-1:00 PM

### **Roll and Stretch**

Junko Movellan

6:00-7:30 PM

### **Yoga Flow and Alignment**

Tamara Lewis

## Thursday

8:00-9:00 AM

### **Good Morning Yoga**

Junko Movellan

9:15-10:15 AM

### **Yogalates**

Junko Movellan

12:15-1:45 PM

### **Gentle Therapeutic Yoga**

Tamara Lewis

6:00-7:00 PM

### **Gentle Vinyasa**

Faith MacDonald

## Friday

8:00-9:00 AM

### **Pelvic Power**

Monica Carlton

9:15-10:15 AM

### **Good Morning Yoga**

Junko Movellan

10:30-11:30 AM

### **Roll and Stretch**

Junko Movellan

# CLASS DESCRIPTIONS

**Gentle Flow Yoga:** This class explores yoga's power to heal, restore, and support self-care through a slower, mindful practice that builds strength and flexibility. Open to all levels, it emphasizes breath and awareness to replace harmful habits with those that support well-being—no experience needed.

**Good Morning Yoga:** Start your day with gentle stretches to lengthen your body and gradually move on to poses that build strength and improve mobility! End practice feeling tall, refreshed, and balanced!

**Pilates:** Our class will teach you the fundamentals of Pilates to connect, engage and strengthen your powerhouse. Pilates is a wonderful form of physical activity for all fitness levels and ages. At Enterprise Sports you will practice on the mat, utilizing the various props in your practice will help you discover a greater mind-body awareness, improve any muscle imbalances you may have, and strengthen and tone the entire body with a major emphasis on your CORE.

**Qigong/Tai Chi:** The twin arts of Qigong and Tai Chi build health and well-being for body, mind, and spirit. At their heart is the cultivation of "Qi" (Chi) which means life energy, vitality. The slow, fluid movements develop strength while releasing tension and calming the mind. Additional benefits include improved flexibility and balance. This class also emphasizes habits of movement, posture, and alignment that heal and prevent injury.

**Relax & Recharge Yoga:** Do you need unwind and re-charge for the afternoon? With breath awareness and series of mindful movements, this class will release tension and restore your energy.

**Yoga Core Strengthening:** The importance of an enlivened, strong, functionally integrated core cannot be overstated. It's the key to a healthy back, to balance and efficiency in movement, and to the prevention of and relief from a host of injuries. Going deeper in the body than crunches and sit-ups can reach, the Yoga approach will work your abs while also tapping into your vital center as a source of dynamism, transformation, and life energy.

**Gentle Vinyasa:** End your day with a gentle vinyasa flow that restores the body through passive stretches and active poses. Focusing on foundational postures and alignment, this class is perfect for beginners or those looking to deepen their practice.

**Roll and Stretch:** This fusion class is a combination of foam rolling and static stretching. Foam rolling is a form of self-massage or self-myofascial release that can help loosen up tight muscles, improve circulation, reduce inflammation, and release the tension caused by knots in the muscles. This class will leave you with a deep sense of relaxation and release.

**Yogalates:** Do you love the flexibility and relaxation yoga offers you but crave a boost of intensity to tone and sculpt your muscles? Yogalates offers you the best of both worlds. By adding small iteration movements and light dumbbell weights to the classic yoga sequence flow, yogalates helps you build lean muscle mass and core strength while also improving your stability, alignment and overall range of motion.

**Fundamentals of Hatha Yoga:** This class offers detailed instruction on safely caring for joints, muscles, and ligaments while practicing foundational yoga postures. Combining movement science with yoga's wisdom, it builds strength, balance, and mobility over time, with personalized guidance and a fun, engaging approach.

**Pelvic Power:** For optimal pelvic floor function, we need the ability to activate, lengthen and then strengthen the pelvic floor muscles. But it's so much more than that. Pelvic floor function is related to whole body function. We'll work on whole body movement to support a correct breathing pattern, pressure management, alignment, and core strength.

**Slow Flow Restorative Yoga:** Our Slow Flow Restorative Yoga on Wednesdays combines gentle, mindful movement with supported poses to promote relaxation and balance. This class is designed to release tension, calm the nervous system, and restore both body and mind.

**Alignemt Hatha:** This foundational Hatha class emphasizes precise alignment tailored to your unique body structure. Learn safe and effective techniques to build stability and deepen your practice, ensuring that each posture supports your specific anatomy. We will dedicate time to mindfully holding poses, allowing you to integrate the alignment cues, cultivate endurance, and build a truly resilient practice. Suitable for all levels seeking detailed instruction and lasting body awareness.