



MINDFUL MOVEMENT STUDIO

OPEN: Mon-Fri 5:30AM - 9PM / Sat-Sun 7AM - 8PM
PHONE: (831) 920-0912

Saturday	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30 AM Gentle Flow Yoga Irene Ericksen 10:45-11:45 AM Pilates Irene Ericksen	8:00-9:00 AM Good Morning Yoga Junko Movellan 9:15-10:15 AM Fundamentals of Hatha Yoga Joyce Anue	8:00-9:00 AM Good Morning Yoga Junko Movellan 9:15-10:15 AM Yogalates Junko Movellan 10:30-11:30 AM Yogalates Junko Movellan	9:15-10:15 AM Foundational Flow Joyce Anue 12:00-1:00 PM Roll and Stretch Junko Movellan	8:00-9:00 AM Good Morning Yoga Junko Movellan 9:15-10:15 AM Yogalates Junko Movellan 10:30-11:30 AM Yogalates Junko Movellan 12:30-1:30 PM Gentle Therapeutic Yoga Joyce Anue 6:00-7:00 PM Sunset Yoga Don Bard	8:00-9:00 AM Core Focused Yoga Junko Movellan 9:15-10:15 AM Good Morning Yoga Junko Movellan 10:30-11:30 AM Roll and Stretch Junko Movellan
Sunday					
8:30-9:30 AM Wake up Yoga Don Bard	5:30-6:30 PM Power Yoga Don Bard	5:30-6:30 PM Alignment Hatha Monique Clark	6:00-7:00 PM Yoga Flow and Alignment Monique Clark		

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!

Core Focused Yoga: Our class is a dynamic, alignment-based practice designed to strengthen the core, improve posture, and enhance body awareness through safe, mindful engagement. It's ideal for students who want to deepen their practice while building functional strength and core awareness.

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.

Foundational Flow: This class focuses on basic poses and proper alignment while linking every movement smoothly with the breath. End your day with a vinyasa flow that restores the body through passive stretches and active poses. This class is perfect for beginners or those looking to deepen their practice.

Power Yoga: An all-levels flowing practice that moves a bit faster and focuses on building heat and strength. A complete workout that builds flexibility, balance, and endurance. It's physically engaging and deeply meditative, helping you find focus that lingers long after you roll up your mat.

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.

Alignment 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. Suitable for all levels seeking detailed instruction and lasting body awareness.

Wake Up Yoga: Starts soft and builds energy naturally. An invigorating morning practice that gives you a longer, slower warm-up to ease you in, followed by a pose sequence that awakens strength and focus, and then a shorter cooldown so you finish energized and ready for the day. It's the kind of class that can replace your coffee.

Sunset Yoga: This all levels class focuses on basic yoga poses and proper alignment while linking movement smoothly with the breath. End your day with a sunset vinyasa flow that restores the body through passive stretches and active poses. This class is perfect for all levels of yoga students, especially those looking to deepen their practice.