

# 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

## Monday

8:00-9:00 AM  
**Good Morning  
Yoga**  
Fernanda Urrutia

12:45-2:15 PM  
**Qigong/Tai Chi**  
Tamara Lewis

## Tuesday

8:00-9:00 AM  
**Good Morning  
Yoga**  
Junko Movellan

9:15-10:15 AM  
**Yogalates**  
Junko Movellan

5:15-6:15 PM  
**Roll and Stretch**  
Junko Movellan

## Wednesday

8:00-9:00 AM  
**Pilates**  
Alana Truax

9:15-10:15 AM  
**Morning Vitality  
Flow**  
Fernanda Urrutia

12:00-1:00 PM  
**Roll and Stretch**  
Junko Movellan

6:45-8:15 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  
**Yoga Flow**  
Monique Clark

## Friday

8:00-9:00 AM  
**Pilates**  
Alana Truax

9:15-10:15 AM  
**Good Morning  
Yoga**  
Junko Movellan

10:30-11:30 AM  
**Roll and Release  
Yoga**  
Junko Movellan

## Sunday

8:30-10:00 AM  
**Yoga Core  
Strengthening**  
Tamara Lewis

6:00-7:00 PM  
**Restorative  
Yoga**  
Monique Clark

# CLASS DESCRIPTIONS

**Gentle Yoga:** This class reveals Yoga's profound power for healing, self-care, and rejuvenation. A slower pace, with emphasis on breathing deeply and on mindful awareness, allows us to gently develop strength and supple flexibility while respecting and working within the framework of our individual needs and challenges. We discover how our patterns of posture, alignment, and movement affect us and learn how to replace habits that harm with habits that support our optimal well-being. Wonderfully relaxing, this practice is great for all levels, no previous yoga experience needed.

**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 to 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.

**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 isometric 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.

**Morning Vitality Flow:** Start your day with an invigorating yoga practice that awakens your body, mind, and spirit, beginning with Pranayama to center and harness your life force, followed by Asana to build strength, flexibility, and balance. As the sun rises, so will your energy, leaving you refreshed and empowered for the day ahead. This class, suitable for all levels, offers the perfect blend of movement and mindfulness to shake off morning sluggishness and set a positive tone for the day.