# MAY 2022 Yoga Schedule

SHAMANIC TWIST WELLNESS CENTER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1<br>10:00 a.m<br>Herbal Tea + Sound Bath (60 min)<br>ABBI + HAYLI | 2<br>6:00 p.m<br>Meditation + Shamanic Journey<br>DANNIELLE | 3<br>8:00 a.m<br>Restorative (60 min)<br>AMANDA<br>6:00 p.m<br>Buti Yoga (60 min)<br>BRIDGET | 4<br>1:00 p.m<br>Gentle Flow (60 min)<br>BRIDGET<br>6:00 p.m<br>Vinyasa Based Shamanic Flow (75 min)<br>RABECCA<br>7:30 p.m<br>Sound Bath (45 min)<br>RABECCA | 5<br>9:15 a.m<br>Stretch Yoga (60 min)<br>ABBI<br>6:00p.m<br>Vinyasa Flow (60 min)<br>RACHEL | 6<br>8:00 a.m<br>Vinyasa Flow (60 min)<br>AMANDA | 7<br>10:00 a.m<br>Vinyasa Based Shamanic Flow (60 min)<br>RABECCA<br>11:15 a.m<br>Sound Bath (45 min)<br>RABECCA |
| 8<br>10:00 a.m<br>Yin Yang Yoga (60 min)<br>RACHEL | 9<br>6:00 p.m<br>Meditation + Shamanic Journey<br>MARISSA | 10<br>8:00 a.m<br>Restorative (60 min)<br>AMANDA<br>6:00 p.m<br>Buti Yoga (60 min)<br>BRIDGET | 11<br>1:00 p.m<br>Gentle Flow (60 min)<br>ABBI<br>6:00 p.m<br>Vinyasa Based Shamanic Flow (75 min)<br>RABECCA<br>7:30 p.m<br>Sound Bath (45 min)<br>RABECCA | 12<br>9:15 a.m<br>Stretch Yoga (60 min)<br>ABBI<br>6:00p.m<br>Vinyasa Flow (60 min)<br>RACHEL | 13<br>8:00 a.m<br>Vinyasa Flow (60 min)<br>AMANDA | 14<br>10:00 a.m<br>Vinyasa Flow (60 min)<br>RACHEL<br>11:15 a.m<br>Sound Bath (45 min)<br>RACHEL |
| 15<br>10:00 am<br>**Full Moon Eclipse Ceremony + Yoga (120 mins)** | 16<br>6:00 p.m<br>Meditation + Shamanic Journey<br>DANNIELLE | 17<br>8:00 a.m<br>Restorative (60 min)<br>AMANDA<br>6:00 p.m<br>Buti Yoga (60 min)<br>RACHEL | 18<br>1:00 p.m<br>Gentle Flow (60 min)<br>RACHEL<br>6:00 p.m<br>Vinyasa Based Shamanic Flow (75 min)<br>RABECCA<br>7:30 p.m<br>Sound Bath (45 min)<br>RABECCA | 19<br>9:15 a.m<br>Stretch Yoga (60 min)<br>ABBI<br>6:00p.m<br>Vinyasa Flow (60 min)<br>RACHEL | 20<br>8:00 a.m<br>Vinyasa Flow (60 min)<br>AMANDA | 21<br>10:00 a.m<br>Buti Yoga (60 min)<br>BRIDGET<br>11:15 a.m<br>Sound Bath ( 45 min)<br>BRIDGET |
| 22<br>10:00 a.m<br>Herbal Tea + Sound Bath (60 min)<br>ABBI + HAYLI | 23<br>6:00 p.m<br>Meditation + Shamanic Journey<br>MARISSA | 24<br>8:00 a.m<br>Restorative (60 min)<br>AMANDA<br>6:00 p.m<br>Buti Yoga (60 min)<br>BRIDGET | 25<br>1:00 p.m<br>Gentle Flow (60 min)<br>ABBI<br>6:00 p.m<br>Vinyasa Based Shamanic Flow (75 min)<br>RABECCA<br>7:30 p.m<br>Sound Bath (45 min)<br>RABECCA | 26<br>9:15 a.m<br>Stretch Yoga (60 min)<br>ABBI<br>6:00p.m<br>Vinyasa Flow (60 min)<br>RACHEL | 27<br>8:00 a.m<br>Vinyasa Flow (60 min)<br>AMANDA | 28<br>10:00 a.m<br>Vinyasa Flow (60 min)<br>RACHEL<br>11:15 a.m<br>Sound Bath (45 min)<br>RACHEL |
| 29<br>10:00 a.m<br>Yin Yang Yoga (60 min)<br>RACHEL | 30<br>6:00 p.m<br>Meditation + Shamanic Journey<br>DANNIELLE | 31<br>8:00 a.m<br>Restorative (60 min)<br>AMANDA<br>6:00 p.m<br>Buti Yoga (60 min)<br>BRIDGET | | | | |

## pricing

**DROP IN** $15.00 | **10 CLASS PUNCH PASS** $120.00 | **MONTHLY UNLIMITED** $127.00

## studio location

**228 W 200 S KAMAS, UT 84036**

## CLASS DESCRIPTIONS

**MEDITATION + SHAMANIC JOURNEY**
This is an active meditation process using our breath to cultivate a channel of energy connecting both the Earth and the Heavens/Cosmos through us as the conduit. You will learn how to work with your energetic anatomy to increase your life force energy and release stagnation and density. During the meditative stillness portion of the practice, you will be guided on a journey to connect with different qualities or aspects of yourself, bringing increased awareness to the more subtle aspects of your being. We want to engage our lives from a place of consciousness and deep internal stillness.

**HERBAL TEA + SOUNDBATH**
This class offers an herbal tea ceremony integrated into sound bath. A harmonious blend of silence and sound to cultivate deep listening, connection, and relaxation. This class is limited to 10 people. Please be mindful of any allergies or sensitivities as this class serves a variety of herbal teas.

**SOUND BATH**
A Sound Bath is an immersive experience of relaxation and healing. Come in comfy clothes and relax on a yoga mat as you're eased in with a light meditation. Eight crystal bowls tuned specifically to the 432 hertz healing frequency will create tones that feel like a concert for your soul. Tibetan bowls, chimes, tuning forks and drums may also be used to create an experience that will leave you feeling both rejuvenated and relaxed.

## YOGA DESCRIPTIONS

**VINYASA FLOW**
A physical and energetic practice of moving through a series of asānas (poses) with intention and pranayama (breath work) to realign the mind, body, and spirit. Focus on flexibility, muscle building, and nervous system resetting.

**RESTORATIVE YOGA**
Find healing as you slow down and hold poses while utilizing props (blankets, blocks, straps) for support. Honor yourself in meditative poses that reset your nervous system.

**BUTI YOGA**
An energizing practice that incorporates cardio, primal movement, and deep core conditioning to upbeat music. Best suited for those who have a basic understanding of yoga poses.

**YIN YANG YOGA**
Passively holding Yin poses for deep connective tissue and actively engaging in Yang poses for improving muscles, flexibility and blood flow. Balance the masculine and feminine energy within us all.

**STRETCH YOGA**
Build strength and mobility while easing tight muscles and joints. For all body types, abilities, and levels of experience with yoga. Great practice for those new to yoga.

**VINYASA BASED SHAMANIC YOGA FLOW**
Mindful movement to build strength and loosen tension in an ashtanga style flow. Create self-love as you recenter, release and find peace while incorporating healing shamanic principles.

**GENTLE YOGA FLOW**
A slower paced vinyasa flow that allows the body to gently stretch into relaxation. Well suited for those new to yoga or wanting a calmer practice.