



YOGADURANGO
CLASS SCHEDULE: EFFECTIVE OCTOBER 1ST

TIME	CLASS	NOTES	INSTRUCTOR	LOCATION
SUNDAY				
9:00AM-10:30AM	Hatha	All levels	Sheryl	1485 Florida Rd
4:00PM-5:30PM	Bhakti Flow	All levels	Varies	1485 Florida Rd
6:00PM-7:30PM	Reset Button	All levels	Brady	1140-A Main Ave
MONDAY				
9:15AM-10:30AM	Morning Vinyasa	Level 2	Sheryl	1485 Florida Rd
10:00AM-11:15AM	Gentle Hatha	All levels	Joy	1140-A Main Ave
12:00PM-1:00PM	Hatha Yoga	All levels	Michele	1140-A Main Ave
2:00PM-3:15PM	Yoga for Healing	All levels	Michele	1140-A Main Ave
4:00PM-5:15PM	From the Inside Out	All levels	Josh	1485 Florida Rd
5:45PM-7:00PM	Power Slow Flow	All levels	Lynn	1485 Florida Rd
7:30PM-8:30PM	Community Yoga	All levels (\$5)	Nicole D	1485 Florida Rd
TUESDAY				
6:15AM-7:15AM	NEW! First Light Flow	All levels	Heather	1485 Florida Rd
9:00AM-10:45AM	YogaLab	All levels	Deb	1485 Florida Rd
10:00-11:15AM	NEW! All-levels Iyengar	All levels	K-Lea	1140-A Main Ave
12:00PM-1:00PM	Hatha	All levels	Sheryl	1140-A Main Ave
4:30PM-5:30PM	Afternoon Flow	All levels	Megan	1485 Florida Rd
5:30PM-6:45PM	Prenatal Yoga	No drop ins**	Sheryl	1140-A Main Ave
6:00PM-7:30PM	Hatha Flow	Level 2	Lindsay	1485 Florida Rd
7:30PM-8:30PM	Community Yoga	All levels (\$5)	Josh	1140-A Main Ave
WEDNESDAY				
8:30AM-10:00AM	Yoga & Plant Wisdom	All levels	Deb	1140-A Main Ave
9:15AM-10:30AM	Slow Yoga	All levels	Sheryl	1485 Florida Rd
12:00PM-1:00PM	Hatha	All levels	Deb	1140-A Main Ave
4:30PM-5:30PM	NEW! Love, Flow & Meditation	All levels	Damiane	1485 Florida Rd
5:45PM-7:00PM	Strength & Grace Vinyasa	All levels	Lily	1140-A Main Ave
6:00PM-7:30PM	Rocket Yoga	Level 2/3	Sarah	1485 Florida Rd
THURSDAY				
8:30AM-9:30AM	Community Yoga	All levels (\$5)	Brady	1485 Florida Rd
9:00AM-10:00AM	NEW! Love, Flow & Meditation	All levels	Damiane	1140-A Main Ave
10AM-11:30AM	Beginner Yoga	Level 1	Joan	1485 Florida Rd
12:00PM-1:15PM	Grace in Yoga	All levels	Deb	1140-A Main Ave
4:15PM-5:30PM	Yin Yoga	All levels	Joy	1485 Florida Rd
6:00PM-7:30PM	Restorative Yoga	All levels	Ivy & Lynn	1485 Florida Rd
FRIDAY				
8:15AM-9:30AM	Friday Flow	All levels	Sarah	1140-A Main Ave
9:15AM-10:45AM	More Yin than Yang	All levels	Lynn	1485 Florida Rd
12:00PM-1:00PM	Hatha Yoga	All levels	Michele	1140-A Main Ave
5:30PM-6:45PM	Candlelight Vinyasa	Level 2	Amber	1140-A Main Ave
SATURDAY				
9AM-10:30AM	Hatha	All levels	Varies	1485 Florida Rd

Visit our website yogadurango.com for updates, cancellations, substitutions. * These classes are heated.

**Contact Sheryl at 970-769-6875 for Prenatal Yoga

CLASS FEES

Class drop in: \$16
Student & Senior drop in: \$15
Kids 12 and under: \$8

5 class package: \$70
Student & Senior 5 class package: \$65
(3 month expiration)

10 class package: \$130
Student & Senior 10 class package: \$120
(6 month expiration)

20 class package: \$240
Student & Senior* 20 class package: \$220
(12 month expiration)

Monthly Pass: \$140 (30 class maximum)
6 Month Pass \$700 (180 class maximum)
Annual Pass \$1300 (365 class maximum)



MORE INFO

To reach one of our owner/directors:

Michele Lawrence: 970-946-8961
michelelawrence@yahoo.com

Sheryl McGourty: 970-769-6875
sheryl@yogaevolution.com

Our studio space is available to rent on an hourly basis for classes and events. Please contact us for rates and more information.

Class packages are nonrefundable. They may be shared and/or transferred to a friend or family member. This does not apply to the Monthly Unlimited Package. Senior pricing applies to individuals 60 years or older.

DESCRIPTION OF LEVELS

ALL LEVELS: All levels. Modifications given to suit individual needs.

LEVEL 1: Beginners. Advanced are welcome to participate and work on basics.

LEVEL 2: Advanced beginner to intermediate. Basic knowledge of yoga asanas.

LEVEL 3: Advanced. Established knowledge of asana and sequence of postures.

ANNOUNCEMENTS AND EVENTS

October 1-28 The Fall Yoga Challenge

Participate in the Fall Yoga Challenge: commit to your practice, connect with other participants and take in a bigger picture of Yoga. Attend our classes, 4 days a week for 1 month; Attend two lectures at Yogadurango (see list below); Participants are encouraged to journal during the Challenge and practice self-inquiry; At the end of the Challenge, participants will write and hand in a 1-pg reflection of their experience by November 5th. For those who complete the challenge, we will offer a free 5 class package to Yogadurango.

October 4-29 Fall Lecture Series

- Wednesday, Oct 4th; 7:45-8:45pm ~ Florida Rd Studio ~ The Yoga Of Eating with Sarah Klein
- Friday, Oct 6th; 7:00-8:00pm ~ Yogadurango on Main ~ Yoga and Service off the Mat with Amber DeHerrera.
- Sunday, Oct 8th; 11-12:15pm ~ Florida Rd Studio ~ What's Your Dosha? with Sheryl McGourty,
- Friday, Oct 13th; 8-9am ~ Florida Rd Studio ~ Bhakti Yoga: Develop a Devotional Practice with Lynn Wickersham.
- Wednesday, Oct 25th; 7:15-8:15pm ~ Yogadurango on Main ~ A Primer on the Goddesses of Yoga with Lily Russo.
- Sunday, Oct 29th; 4:00-5:30pm ~ Yogadurango on Main ~ Yoga Sutra Study Group with Deb Buck.

Saturday, Oct. 7th , 2:00–4:00pm ~ Sport Specific Yoga: Tennis

A yoga workshop for competitive and recreational tennis players taught by experienced yoga teacher and tennis enthusiast Lynn Wickersham (E-RYT200). Cost: \$25. Register online. Contact lynnellen2065@gmail.com or 799-5829. Location: Florida Rd Studio

Friday, Oct. 20th , 5:00-8:00pm Yoga and Acupuncture for Stress & Anxiety

A Workshop with Michele Lawrence, C-IAYT, Megan Lott, M.S. LAc & Kelly Sheridan, M.S. LAc

This 3-hour session will include a talk about how acupuncture and yoga can alleviate stress, a gentle and restorative yoga practice designed to calm the nervous system and personalized acupuncture to help you reset. Cost: \$65, space limited. Contact: 970-946-8961 or michelelawrence@yahoo.com. Register online. Location: Florida Rd Studio, 1485 Florida Rd., C-201

Saturday, October 21st; 5:00-7:00PM Yoga 12-Step Recovery (Y12SR) with Heather

Y12SR is a 12-step based discussion and yoga practice open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. Offered by donation. Suggested donation \$10. Location: Florida Rd Studio.

Sunday, October 22nd- Sunday, Oct 29th

Fall Ayurvedic Cleanse with Sheryl McGourty (cleanse meetings on the 22nd & 29th ~ 11-12:30pm) The Fall Cleanse looks at the relationship between cleansing and deep nourishment, rejuvenation of the tissues and nervous system, so we can experience greater ease in transition. Cost: \$185.00 Location: Florida Rd Studio

Sunday, Oct 29th, 2-3pm at Free Introductory iRest Yoga Nidra with Karen Soltes Location: Florida Rd Studio

Weekly iRest class beginning Nov, Wednesdays 4:15-5:15pm at Main Ave studio.

Other Upcoming Events: Wednesday, November 1st; 5:45pm Day of the Dead Yoga, Altar, and Dance with Lily & DJ Codestar; November 10-12 ~ Hip Hop Hatha Teacher Training with Nicole Peltier