



YOGADURANGO
CLASS SCHEDULE: EFFECTIVE AUGUST 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)	Varies	1485 Florida Rd
TUESDAY				
9:00AM-10:45AM	YogaLab	All levels	Deb	1485 Florida Rd
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)	Aama	1140-A Main Ave
WEDNESDAY				
8:30AM-10:00AM	Flow & Tea	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
5:45PM-7:00PM	Strength & Grace Vinyasa	All levels	Lily	1140-A Main Ave
6:00PM-7:30PM	Rocket Yoga	Level 2/3	K-Lea	1485 Florida Rd
7:30PM-8:30PM	Yoga en Espanol	All levels (by donation)	Wendolyne	1140-A Main Ave
THURSDAY				
8:30AM-9:30AM	Community Yoga	All levels (\$5)	Brady	1485 Florida Rd
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
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
4:15PM-5:30PM	Yoga for Connection	All levels	Ivy	1485 Florida Rd
5:30PM-6:45PM	Candlelight Vinyasa	Level 2	Amber	1140-A Main Ave
SATURDAY				
9AM-10:30AM	Hatha	All levels	Varies	1485 Florida Rd
5:00PM-6:30PM	Restorative Yoga	All levels	Varies	1140-A Main Ave

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

Friday, August 4th; 7:00-9:00PM (and the 1st Friday of every month) Kirtan with Blue Lotus Feet

At times laid back and contemplative, at times more forward and driving, Blue Lotus Feet approaches Kirtan with a sensitivity and love that comes from strong connection. Connection with one another, as musicians; connection with the music, as channels; connection with everyone they meet, as human beings. Cost: \$10 Location: Florida Rd Studio

Saturday, August 19th, 5:00-7:00PM ~ Yoga 12-Step Recovery (Y12SR)

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. This is a open and inclusive group. All A's are welcome. Offered by donation. Suggested donation \$10. Location: Florida Rd Studio, 1485 Florida Rd.,

September 22-24 Strength & Regeneration in Yoga with Sean Tebor

A sustainable practice must be rooted in functionality, meaning how we move and breathe naturally in the world. It is a primordial alchemy of flexibility and strength in the wildest sense. Yoga continues to evolve to reveal such simple yet profound movement and tone, stepping beyond what is sustainable into the realm of regeneration.

Friday Sep 22nd; 6-8:30pm; Florida Rd. Studio. Practice: The Core Belly. ~ Cost: \$45

Saturday Sep 23rd; 1-4:00pm; Florida Rd. Studio. Practice: Strength & Functionality in Yoga. ~ Cost: \$55

Sunday Sep 24th; 10am-1pm; Yogadurango on Main. Practice: Primal Yoga. Cost: \$55

Students may register for individual sessions or for the full weekend. Early bird special \$135 before August 15th.

Register Online. For more information call Megan 970-442-0284.

Location: Both Studios. See listings above for locations.

Nov 10-12th; Hip Hop Hatha (H3) Teacher Training with Nicole Peltier

H3 is a high energy, musically inspired, energizing, fun-focused, cardio-yoga for all ages. No yoga, dance or intense life experience is necessary to join in on the fun. H3 rallies all ages, races, demographics, personalities and yogic styles to come together in the love of music and the freedom of movement. Once trained, H3 Certified Instructors will take the fun to the streets, teens, the quiet types, the wild types, basically any yoga class needing a little "pick me up". As an H3 Instructor you will be qualified to lead Rock'n Hip Hop Yoga, Hip Hop Hatha or just sprinkle in the "fun factor" to any formal yoga class you instruct.