



YOGADURANGO
CLASS SCHEDULE: EFFECTIVE MAY 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
6:00-7:15PM	Hot and Mellow	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 (warm room)	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
4:15PM-5:15PM	Breathe & Flow Yoga	All levels	Hana	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				
9:15AM-10:30AM	Deep Dynamic Flow	All levels (warm room)	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 (warm room)	Sheryl	1485 Florida Rd
12:00PM-1:00PM	Hatha	All levels	Deb	1140-A Main Ave
4:30PM-5:30PM	Midweek Meditation	All levels	Damiane	1485 Florida Rd
5:45PM-7:00PM	Strength & Grace	Level 2/3	Lily	1140-A Main Ave
6:00PM-7:30PM	Rocket Yoga	Level 2/3	Sarah	1485 Florida Rd
7:30PM-8:30PM	Yoga en Espanol	All levels (by donation)	Varies	1140-A Main Ave
THURSDAY				
8:30AM-9:30AM	Community Yoga	All levels (\$5)	Brady	1485 Florida Rd
9:15AM-10:15AM	Midweek 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	InFlux Yoga (live DJ)	All levels	Brady or Nick	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
12:00PM-1:00PM	Yoga Nidra	All levels	Michelle	1485 Florida Rd
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, May 5th; 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, 1485 Florida Rd, C-201, Durango CO

July 7-9 Hatha Yoga & Philosophy Intensive with Bhavani Maki

- Friday, July 7th; 5:30-7:30pm; \$25 ~ Introduction to the Patanjali Yoga Sutra; The Yogi's Road Map
- Saturday, July 8th; 9-11:30am; \$40~ Drdah Bhumi: Firmly Grounded-Standing & Balancing Postures
- Saturday, July 8th; 2-4:30pm; \$40 ~ Patanjali Yoga Sutra Talk II: Navigating Consciousness
- Sunday, July 9th; 9-11:30am; \$40 ~ Hip openers, the Keys to Freedom
- Sunday, July 9th; 2-4:30pm; \$40 ~ Klesha: Developing Emotional Intelligence

Early Bird Cost before June 1st : \$160. After June 1st: \$185 or Drop in Rate. Register online

Location: Yogadurango On Main, 1140-A Main Ave, Durango CO

July 14-16 Yoga Workshops with Nicole Peltier

- Friday July 14, 6:00-7:15pm; Florida Rd. ~ Rock'n Hip Hop Yoga ~ \$18
- Saturday July 15, 2:00-3:30pm; Main Ave Studio ~ Align & Flow ~ \$22
- Sunday July 16, 10:00am-12:00pm; Main Ave Studio ~ Raven Yoga (An all-levels yoga class focused on the truth around undesirable behaviors, habits & addictions.) ~ \$22

Cost: Friday night \$18. Saturday & Sunday \$22 or all 3 for \$50.

Location: Friday night: Florida Rd Studio. Sat & Sun: Yogadurango On Main

July 20-23; Telluride Yoga Festival

The Telluride Yoga Festival is a unique and special gathering unlike any other. This inspirational 4-day event features over 100 offerings including yoga, meditation, music, hiking, dining, SUP yoga, social gatherings and more. Find yourself deeply immersed with inspiring and motivating presenters in intimate venues with drop dead views throughout the towns of Telluride and Mountain Village. Info and passes at

<http://www.tellurideyogafestival.com>. Yogadurango is a studio partner. Save on your festival passes by using the promo code YogaDurango30