

**Fall Schedule 2024**  
**Sept/Oct/Nov**



**Port Huron**  
**& St. Clair Studio**

[www.happydogyogastudio.com](http://www.happydogyogastudio.com) / 866-853-9274 / [info@happydogyogastudio.com](mailto:info@happydogyogastudio.com)

**"PH"** Port Huron Studio: 2887 Krafft Rd, Suite 1600 / **"SC"** St. Clair Studio: 201 N. Riverside Drive Suite C-11

**\*\*** Indicates a livestream virtual yoga option register for the virtual class

**\* Beginner friendly**

**\* Add small challenges to your practice**

**\* Time to sweat!**

<b>Monday</b>	9:00-10:00 am	<b>SC All Levels</b>	Emilee
	5:30-6:30 pm	<b>PH Align &amp; Flow</b>	Alyssa S
	6:00-7:00 pm	<b>SC Vinyasa Flow</b>	Meagan
	6:45-7:45 pm	<b>PH Yin with massage</b>	Tauvie
	7:15-8:15 pm	<b>SC Candle Light Gentle</b>	Alma
<b>Tuesday</b>	9:00-10:00 am	<b>PH Yin Yoga</b>	Kris
	9:00-10:00 am	<b>SC Rolling &amp; Recovery</b>	Meagan
	5:00-6:00 pm	<b>PH Stretch &amp; Flow</b>	Jacqueline
	6:00-7:15 pm	<b>SC Candlelight Restorative Yin Yoga</b>	Tammy
	6:15-7:15 pm	<b>PH Beginner Yoga</b>	Brooke
<b>Wednesday</b>	9:00-10:00 am	<b>SC Beginner with Workshopping **</b>	Meagan
	5:00-6:00 pm	<b>SC Vinyasa Flow</b>	Alyssa B
	5:45-6:45 pm	<b>PH All Levels</b>	Taylor
	6:15-7:15 pm	<b>SC Stretch &amp; Flow</b>	Alyssa B
	7:00-8:00 pm	<b>PH Yin with sensory immersion</b>	Taylor
<b>Thursday</b>	7:00-8:00 am	<b>SC All Levels **</b>	Kris
	9:00-10:00 am	<b>PH All Levels</b>	Jacqueline
	9:00-10:00 am	<b>SC Yin Yoga</b>	Tammy
	6:00-7:00 pm	<b>SC Slow Burn</b>	Tobi
	6:30-7:30 pm	<b>PH Beginner Yoga</b>	Vicki
<b>Friday</b>	7:00-8:00 am	<b>SC Vinyasa Flow</b>	Vanessa
	9:00-10:00 am	<b>SC Beginner Yoga</b>	Alyssa S
	11:00-12:00 pm	<b>PH Midday Unwind</b>	Meagan
	5:00-6:15 pm	<b>SC Ashtanga Short Form</b>	Tauvie
	6:00-7:00 pm	<b>PH Healing Hips</b>	Taylor
<b>Saturday</b>	8:30-9:30 am	<b>SC Vinyasa Flow</b>	Emilee
	9:00-10:00 am	<b>PH Align &amp; Flow</b>	Brooke
	10:00-11:00 am	<b>SC All Levels **</b>	Alma
<b>Sunday</b>	8:15-9:15 am	<b>PH Vinyasa Flow</b>	Tauvie
	9:00-10:00 am	<b>SC All Levels</b>	Alyssa S
	9:30-10:45 am	<b>PH Yin Yoga</b>	Vicki
	10:15-11:15 am	<b>SC Pilates Fusion</b>	Alma
	7:00-8:00 pm	<b>SC Candlelight Restorative Yin Yoga</b>	Meagan

**CHECK STUDIO LOCATION "PH" Port Huron Studio "SC" St. Clair Studio. Drop-ins always welcome!**

# ABOUT OUR YOGA CLASSES

## Virtual Yoga\*\*

All Classes with a \*\* after the name will be offered on Zoom as a livestream. Please sign up for the class online 30 minutes before the scheduled start time. , in your confirmation email.

## Beginner Yoga

Our beginner class offers a gentle introduction to the most basic yoga postures. Our teachers will help each student cultivate a deeper awareness of the pr breathing in combination with mindfulness to develop strength, flexibility, balance and relaxation. This class encourages proper alignment of the body ensuri safely and feel comfortable in each class. Hatha Basics is taught at a comfortable temperature and is appropriate for those who are new to yoga as well as to the fundamental foundation of their yoga practice.

## Candle Light Gentle Yoga

This is a restorative style practice that is ideal for anyone seeking healing and relaxation, from the new to the experienced yogis. This class is taught at a co will begin with gentle movement through basic yoga postures and then we'll embark on a meditative journey to calm the body and mind or you might find the techniques of self myofascial release. Through the use of RAD myofascial release balls (please bring your own RAD balls if you have them) we will work or stretching and naturally lengthening the fascia to free up more mobility than is achievable with passive stretching alone. For maximum contentment please c layers/socks as body temperature lowers during relaxation and savasana. Gentle yoga + will leave you feeling relaxed, refreshed and rejuvenated.

## Yin Yoga (Restorative)

If your body feels tense or stiff this class is perfect for you! Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of th exercised very much in a more active style of practice. Suitable for all levels, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles internal heat and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, shoulders, and spine poses for 3 – 5 minutes. Surrendering into the poses for a longer length of time allows you to move deep into the body's connective tissues, while encourag and stillness of the mind. The room is kept at a comfortable temperature. For maximum contentment please come prepared with light layers/socks as body relaxation and savasana.

## All Levels

All Levels is a class where students can develop strength, balance, and flexibility through the use of breath, alignment, and multiple styles of yoga, from viny held and more relaxed poses. The pace of class will vary from teacher to teacher and modifications are offered for students of all skill levels so that each st benefit from his/her practice. Class is taught at a comfortable temperature.

## Align & Flow

A bit of alignment and a bit more flow. In Align & Flow we will move through a slow flow style class that opens up and challenges your mind and body. This c maximize energy flow and empower you to experience greater stability, freedom and ease in your poses that you can carry off the mat and into your day. M achieved through a mix of foundational poses, movement with the breath, active alignment cues and sequences that build strength and flexibility, all while tal feel, observe and adjust. Class is taught at a comfortable to slightly warmer temperature and is suitable for newer students looking to grow in their practice : students.

## Ashtanga Short Form - 75 minute class

Ashtanga short form is a shortened sequence of Sri K. Pattabhi Jois' full Primary Series. It is a physical practice connecting movement and breath that build extends out into the body. This class emphasizes the breath through Ujjayi pranayama, focused gaze (Drishti) and dynamic movements that connect the p is a good practice for new and experienced yogis. The first 40 minutes we practice a standing sequence (which includes 5 Sun As and 5 Sun Bs) followed t seated sequence where the postures will vary. Taught in a warmer room, this class is perfect for any student looking to expand their current practice.

## Slow Burn

In slow burn we will take our time flowing from one posture to the next while diving deeper into the muscular system through holding poses for an extended | the idea that slower is easier. This slower and more skillful movement requires a focused mind, connection to the breath, and a willingness to give your all. I designed flows (which may include balancing, back bending, and inversions) you will learn the fundamental poses, build confidence and strength in your bod concentration and integrating breath and postural alignments. This class is taught in a warmer room and is perfect for anyone looking to sweat, stretch, and

## Vinyasa Flow

A dynamic flow for the student who loves a challenge, vinyasa is a rhythmic sequence of poses flowing seamlessly with your breath. Ideal for students look as they flow through a variety of postures from Sun Salutations to balancing, back bending, core strengthening, and inversions. This class will help to impro you flow from pose to pose. Teachers may also guide students to take a portion of the flow on their own. Allowing the student the opportunity to explore an own practice. You do not have to be an experienced Yoga practitioner to take this class, all that is asked of you is that you have an open mind and commitn a student. Taught in a warmer room, Vinyasa Flow is perfect for those students looking to take their practice to the next level.