



blue.sky.yoga

APRIL MAY JUNE 2012

Mon: 5:30 ENERGY FLOW II PAM

Tues: 4:00 OPENING FLOW All TINA
5:30 ENERGY FLOW II TINA

Wed: 5:30 FOUNDATIONS FLOW I/II TINA

Thurs: Foundations courses resume in Sept

Sat: 4:00 LAUGHTER YOGA All MARINA
(\$5 drop in fee this class only) BARRY

Classes are 60 - 75 minutes

DROP IN CLASS \$12 FIRST CLASS \$5
For convenience we offer these punch cards:

5 Class Card \$50 (\$10 per class)
10 Class Card \$80 (\$8 per class)
20 Class Card \$140 (\$7 per class)

Profits from Blue Sky Yoga support the Seva Foundation. Seva (say-va) means service in sanskrit.) Each \$50 donation provides eye surgery restoring sight to people all over the world.

www.seva.org

www.blueskyyoga.com
14403 West Colfax
Lakewood, CO 80227
303.216.2670

OPENING FLOW YOGA FOR FLEXIBILITY

A gentle, balanced vinyasa flow with the focus on slowly, gradually, mindfully increasing flexibility and range of motion. We will use the breath and fluid movement to gently nudge the edges of flexibility and open the body; with a focus on releasing tightness in the hips, groins, hamstrings, and shoulders.

FOUNDATIONS FLOW YOGA FOR EVERYBODY

A strong foundation of principles and alignment build a safe, sustainable yoga practice for LIFE. Perfect for beginners, as well as experienced students. A slower, more detailed approach to explore structure and integrity in the poses. Accessible, sometimes challenging vinyasa practice develops strength, flexibility, mental focus, and deep, fluid breathing.

ENERGY FLOW

YOGA FOR STRENGTH AND POWER

A strong class for experienced students who like to be challenged and work hard. Creative, challenging standing and balancing sequences, serious core work, a few arm balances and inversions for fun. We'll focus on structure and alignment, energy flow, and breath to build a safe, energizing, nourishing yoga practice.

LAUGHTER YOGA

FUN FOR A CHANGE!

Marina Bajszár and Barry Friedman bring together two amazing classes - Laughter Yoga and Improvisation For Everyone - into one blast of a class, with a smattering of basic yoga poses for good measure. Break up habitual patterns that no longer serve you and improve your ability to use your mind and body as tools for a life with reduced stress, better communication, and more joy and creativity.