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[www.larkstreetyoga.com](http://www.larkstreetyoga.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am Morning Flow w. Jenn K. (studio)	7am Warm Flow w. Jenn K. (virtual)	7am Sunrise Yoga w. Erin (park)	6am Sunrise Flow w. Deb (studio)	7am Morning Power Flow w. Erin (virtual)	8am Barre Flow w. Jeff (studio +virtual)	9:30am Yin & Yang (90 min) w. Deb(studio)
5:30pm All Levels Flow w. Alyssa (studio)	12pm Community Yoga w. Mellissa (park)		7:15am Barre Flow w. Jeff (studio + virtual)			
6:45pm Ashtanga w. Arjita (park)	5:30pm All Levels Vinyasa w. Krista (park)	5pm Vinyasa w. Victoria (virtual)		5pm Vinyasa w. Victoria (virtual)	10am Yoga Flow w. Mellissa (park) STARTS 7/3	5pm Gentle & Restorative w. Liz (studio)
7:30pm Candlelight Yoga w. Karina (virtual)	6:30pm Yin w. Deb (studio)	7:30pm Candlelight Flow w. Jayson (studio)	6:30pm Ashtanga w. Arjita (park)			6:30pm FREE Community Meditation w. Liz (studio)

\*Schedule updated 6/24/2021

\* Park classes meet on the field above the Park Playhouse in Washington Park (or in the studio if raining)

\*Yoga for 12 Step Recovery meets 1<sup>st</sup> Saturday and 3<sup>rd</sup> Tuesday of each month with Cat Lynch

### Class Descriptions

#### All Levels Yoga Flow

This all-levels vinyasa will help you explore the connection between body, mind, and soul. Thoughtful sequencing and a mindful approach to alignment will help you find stability and grounding physically and mentally. You can expect meditative warm-ups and heat-building sequences that offer progressive challenges, offering you the space to tap into your deep reserve of inner strength.

Ashtanga yoga is an athletic flow combining strength, flexibility and endurance, which can be practiced by yogis of all levels, and is particularly accommodating to newer practitioners. Literally translated, Ashtanga Yoga means eight-limbed yoga which is a

powerful, healing practice. It is a specific sequence of postures (asanas) linking breath (pranayama) and movement (vinyasa). Students are introduced to Ashtanga yoga Sun Salutations and basic sequences for standing, sitting, supine and prone asanas, Practice always culminates with savasana, and deep relaxation meditation.

#### Barre Flow (45 minutes)

BarreFlow™ is designed to give students of all fitness levels a challenging total body workout. BarreFlow™ combines the flow of a vinyasa yoga class with the science of corrective exercise to create a complete workout for body and mind in only 60 minutes. All classes are at the same level as the technique is designed to work for people at all points on their fitness journey. Modifications and/or advancements are given for most exercises to accommodate all fitness levels. We focus on Integrated Movement - though there are times in our programming that isolation is called for, our general framework is built of movements that involve multiple joints and multiple muscles—often moving through more than one plane of motion. Integrative movement not only results in a higher calorie burn and greater muscle development but also stimulates more neuromuscular activity. By moving the body in multiple ways at once, we are able to improve coordination, balance, and performance and reduce the risk of injury.

#### Candlelight Yoga

All levels, all body welcome- The stress of a busy day will immediately melt away as you enter a darkened room filled with illuminating candlelight and soothing music. Unwind from the day's activities with focus on gentle stretches, strengthening poses with longer holds, and a luxurious restorative Savasana. This class will help you to calm the nervous system, quiet the mind & rejuvenate the body.

#### FREE Community Meditation

Experience a quiet place of refuge where you can leave stress behind and develop insight into your highest self through guided meditation techniques. This free weekly class will help you tap into your inner abundance through restorative meditations, including breathwork, chakras, inner stillness, loving-kindness, mantra, shamanism, and yoga nidra. Leave the chatter of the world behind and experience the transformative power of collective meditation.

#### Community Yoga (60 minutes)

This Hatha/Gentle style class offers a perfect place for new beginners to try out Yoga in a warm and welcoming space, and for long-term practitioners to get back to basics and deepen their practice amongst community. Poses will be explained in detail, and students are given time to find comfort and ease in each posture. The physical asana portion of each class contains: warm-ups, sun salutations, balancing, back bends, forward bends, twists, and inversions - the body will be stretched in all directions, and strengthened mindfully. Classes may also include basic breathing practices and meditation.

### Gentle & Restorative

This nourishing class opens with about 25-30 minutes of gentle, slow, therapeutic movement, before dropping into stillness with restorative poses for the duration of the session. Restorative yoga is a receptive practice, with long held poses, focused on calming the body's nervous system and enhancing emotional well being. Suitable for all levels, and a great way to rejuvenate mind and body a self-compassionate manner. Please dress in layers, and bring an eye cover and socks.

### Morning Power Flow

This yoga flow is a combination of meditation, asana, and inquiry into a fun and challenging yoga class. This class will introduce some advanced poses with the opportunity for modifications to meet each student where they are in their personal practice and encourage a safe exploration of what yoga has to offer. Power Flow is an athletic practice that links breath with movement with a focus on proper body alignment in each pose. Each class will vary based off the energy of the class and the experience of the teacher with opportunities to workshop poses, build strength, and advance your practice. This is an in home virtual class. Register and link for zoom will be sent 30 minutes prior to class

Morning Flow Vinyasa is a style of yoga that seamlessly strings postures (asanas) and your breath together while you move. Available to all levels, this 60 minute, will challenge your mind-body connection and be the perfect jump-start for your morning. Each class will integrate alignment, balance, fun transitions, and introspection. The style of sequencing builds upon itself moving through the fundamentals and working towards more advanced poses. This way, if you a newer student (or a seasoned practitioner that wants to take it easy) you know exactly the poses you can modify.

Sunrise Yoga This class will warm and wake-up your body as we mobilize the joints and stretch the muscles. Expect lots of heart and hip openers, as well as balancing postures and stability work. This is an all-levels Vinyasa style class that will energize you throughout your entire day! No prior experience required.

Sunrise Flow The early morning especially right before or as the sun is rising is my favorite time of day. I love the peaceful quiet of the morning. It is believed to be the most auspicious time for practices as we retain a small essence of universal connection we achieve during dreaming. I design strong flows with creative, intuitive sequencing oriented on the breath; mindful warm ups that are designed for the early am hours and get the prana circulating; cues rich in alignment and form geared to assist students in finding their best/most body friendly positioning. But, beware...I am FULL of energy in the mornings :D These flows are designed to get you ready to face any obstacle that may come your way!

## Vinyasa Flow

We will link the movement of your body to the movement of your breath. Moderate to strong flow where we will build stability stamina and balance. Poses will be held longer in order to build muscular strength and confidence

## Warm Flow

Vinyasa is a style of yoga that seamlessly strings postures (asanas) and your breath together while you move. Available to all levels, this 60 minute, 85 degree class will challenge your mind-body connection and be the perfect jump-start for your morning. Each class will integrate alignment, balance, fun transitions, and introspection. The style of sequencing builds upon itself moving through the fundamentals and working towards more advanced poses. This way, if you a newer student (or a seasoned practitioner that wants to take it easy) you know exactly the poses you can modify.

## Yin

Born out of Taoist Buddhism, Yin Yoga applies the concepts of Chinese acupuncture to the bodies dense connective tissues. This practice includes long held postures that gently ease the tightness, stiffness and inflexibility in the soft tissues and joints that can occur from repetitive movement. Yin has the added benefit of opening meridians and increasing the efficiency of energy flow throughout the body. It is seen as a balancing and complementary practice to more Yang forms of exercise (Vinyasa, running, Cross training, etc.). All levels including those without yoga experience are welcomed. Be prepared with pillows, blankets and blocks nearby as props are used to support the body during these 5-6 minute held postures. A guided meditation rooted in the Buddhist dogma offered to focus the mind and assist with navigating difficult times without losing mindful connections.

## Yin/Yang

Combining the concepts of both Yin and Vinyasa yoga styles, this class begins slow and builds to a rigorous yet intuitive vinyasa sequence. Yin/Yang Flow is designed to create balance in the body by opening up the fascial connections needed to deepen the asana experience. Poses rich in alignment and form geared to assist students in finding their best/most body friendly positioning. Class will end with a short guided grounding meditation to assimilate the energy and aid in the transition off the mat.

## Yoga Flow & Restore

Class begins with a slow-paced Vinyasa practice - connecting movement to breath. Once we work to link the mind and body actively, a transition will be made to Restorative passive, supported asanas (poses) to promote opening of the deeper tissues within the

body and letting-go of the mind. The combination of movement and stillness allows for an energetic balance as well as a union between effort and ease.