



# Wyoga Studio--Wyoming Yoga

810 Madison, Gillette, WY 82718

307.680.7762 / 307.686.2722

[wyoga.net](http://wyoga.net)

**2012**

Located across Douglas Highway from Wal-Mart--next to Midas & FedEx

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00 am Power Pilates Angel	5:15-6:15 am All Levels Yoga Cindy	5:15-6:00 am Power Pilates Cindy	5:15-6:15 am Energizing Yoga Flow Cindy	5:15-6:00 am Power Pilates Kacee	8:00-9:15 am All Levels Yoga Cindy
9:00-10:00 am Senior Yoga <b>at Senior Center</b> Cindy		9:00-10:00 am Senior Yoga <b>at Senior Center</b> Janice		9:00-10:00 am Senior Yoga <b>at Senior Center</b> Janice	
12:10-12:50 pm Lunch Break Yoga Dee	12:10-12:50 pm Power Pilates Kacee	12:10-12:50 pm Lunch Break Yoga Denise		12:10-12:50 pm Lunch Break Yoga Dee/Denise	4:00-5:15 pm Meditation by Abhishek
	3:15-4:15 pm College Yoga Cindy		3:15-4:15 pm College Yoga Cindy		
	4:25-5:25 pm Flow Relaxation Cindy		4:25-5:25 pm Flow Relaxation Cindy	5:15-6:30 pm Hot Yoga Abhishek	
5:20-6:20pm Hatha Yoga Laura	5:35-6:35 pm Power Pilates Marcia	5:30-6:45pm All Levels Yoga Karen	5:35-6:35 pm Power Pilates Marcia		
6:35-8:00 pm Staff Training		7:00-8:15 pm Hot Yoga Abhishek			
					<b>Check out our revised 2012 schedule!</b> rev. 1/6/12

**All Levels Yoga** • This gentle class focuses on developing strength, flexibility and body awareness. All levels welcome.

**Energizing Yoga Flow** • Be prepared to sweat in this yoga practice. You will leave feeling vibrant, energized and centered.

**Family Yoga** • Bring the family and enjoy a fun, natural and healthy way to exercise.

**Flow Relaxation** • Allow your body to flow and your mind to relax in this gentle practice.

**Hatha Yoga** • A more challenging class learning pranayama (breathing) with flow of poses.

**Hot Yoga** • A vigorous workout in a heated room vitalizes and restores your body.

**Kids' Yoga** • A fun and magical journey of yoga for kids. Parents' presence required for children under 3 years of age.

Children 3+ and potty trained are welcome to come with or without an adult.

**Lunch Break Yoga** • Too busy to squeeze in a full yoga practice? Nourish your body & soul in a no-sweat 40-minute class.

**Meditation** • A traditional yoga flow, followed by inspirational guided meditation.

**Pilates Flow** • A challenging flow of Pilates and Yoga to build core strength and flexibility.

**Power Pilates** • Feel the power and accept the challenge of building core strength and flexibility.

**Senior Yoga at the Senior Center** • A gentle flow class for those young in mind but experienced in body.

**Vinyasa Flow** • This class links postures and breathing with expert guidance in a more challenging format.

**Yoga FUNDamentals** • Put the "fun" into learning the basics. All levels of students welcome.

**Personal training and private instruction available.**