

# Yoga Tips

- Please arrive 5-10 minutes prior to class
- Try to wait at least 2h after eating before doing yoga
- Wear comfortable, non-restrictive clothing
- Never turn your head when your shoulders are pressed into the ground
- Listen to your body, and honor its needs or limitations
- Remember to turn off your cell phone
- Inform your instructor of any injuries or conditions
- Please bring a mat (rentals available)



Visit our Facebook page for up-to-date class schedules, workshops, and special events.



Deepen your existing practice, or explore new horizons today



## Body

Strength. Flexibility. Endurance.

## Mind

Focus. Clarity. Self-Acceptance.

## Spirit

Peace. Joy. Connectedness.

**The Yoga Mat, LLC**

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:15-10:15	BCB	Vinyasa	BCB	Vinyasa	BCB		
10:30-11:30	Hatha	Hatha	Hatha	Hatha	Hatha	Hatha	
11:45-12:45	Vinyasa	BCB	Vinyasa	BCB	Vinyasa		
Open Meditation Mondays 12:45-2:00							
4:15-5:15	Hatha	Yin*	Hatha	Yin*	Hatha		
5:30-6:30		Slow Flow (No class 4th Tues/no)	Family Yoga	Slow Flow	Family Yoga		Karma Yoga (Donations class)
6:45-7:45	Zen Yoga (Begins at 6:30)		Slow Flow	Hatha			

Walk-In – \$14  
Students & Seniors – \$12  
Children 10 and Under – \$10  
Passcard – 5 for \$60,  
or 10 for \$100

## Rates

Unlimited Classes –  
\$120/1 month, \$325/3  
months, or \$600/6 months  
Private Instruction – \$60/h  
Private Group Instruction –  
\$90/h  
Mat Rental \$2

# Namaste!

**Each moment is a gift.** Here at The Yoga Mat, yoga is more than a series of poses designed to create a fit and healthy body: it's a personal journey of self-discovery and deeper awareness, achieved through synergy of the mind, body, and spirit.

With this in mind, we strive to offer a variety of classes, workshops and special events to guide and excite yoga lovers of all ages. The Yoga Mat's clean and comfortable space is the perfect setting for anyone to unwind, de-stress, and create nurturing relationships in a safe and friendly environment.

Our experienced teachers are all RYT trained and certified. We offer friendly, tailored guidance augmented by teaching proper structural alignment, yogic principles, and incorporating a variety of meditation techniques.

Deepen your practice or explore your edge with us at The Yoga Mat today.

## 8 Great Reasons to Practice Yoga:

1. Develops flexibility, endurance, muscle tone, and strength
2. Improves concentration and memory function
3. Cardiovascular conditioning
4. Releases tension
5. Alleviates depression
6. Weight management
7. Promotes awareness of the self—both body and mind
8. Can relieve pain, and has a positive effect on a variety of chronic and acute medical conditions



**Ayurveda:** The traditional Hindu system of medicine, which uses diet, herbal treatment, and yogic breathing.

**Bandha:** An internal physical lock (or bind) to hold pranic energy or psychic energy within certain areas in the body. Engaging the bandhas tones, cleanses, and energizes the interior body and organs.

**Baddha:** An external physical lock, or bind.

**Chakra:** Chakras are energy centers located at vital points in the body. There are seven main chakra points and a number of smaller ones. The chakras are spinning vortices connected through energy channels called nadis.

**Driste:** Point of outward focus where the gaze rests during an asana and meditation practice to help achieve a state of internal awareness.

**Mudra:** A specific posture or gesture for the hands and fingers.

**Nadi:** Energy channels which connect at special points of intensity, or chakras.

**Prana:** Life force energy.

**Pranayama:** The science of breath.

**Yoga:** Sanskrit for "union." An ancient art and philosophy that involves both body and mind and is aimed at self-development and self-realization.

## Class Descriptions

**Ashtanga:** A faster paced, vinyasa-style practice consisting of a prescribed series of asanas, pranayama, and activation of the bandhas.

**Back Care Basics (BCB):** A gentle Hatha practice focusing on improving strength and flexibility of the spine. Great for those with limited range of motion or with low back problems.

**Hatha:** A form of yoga combining asanas and pranayama designed to cleanse and tone the body while bringing quiet and focus to the mind.

**Karma Yoga:** Join us for a great donations only class and help give back to our community at the same time. Great for anyone age 5 and up!

**Kids Yoga:** Designed especially to engage the youngest yogi, this class is for kids aged 10 and younger.

**Vinyasa:** Dynamic flow of asanas linking breath and body, creating a synchronistic balance between body and mind.

**Yin Yoga:** Asanas are held longer (2-5 minutes each) while focusing on the breath. Stretches and tones deeper tissues, such as the fascia, tendons, and ligaments.

**Yoga Nidra:** Enjoy deep relaxation, release tension, and gain serenity in this guided hour-long savasana.

**Zen Yoga:** A 75-minute class in the Sivananda yoga tradition with a focus on total relaxation and drawing the senses inward. Students are lead in self-guided and guided relaxation meditation, yogic breathing techniques, and yoga postures.

