



# Air Yoga studio schedule

Updated:

29-Sep-22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30	Sunrise				Sunrise		
06:45	Vinyasa				Vinyasa		
07:00							
07:15	6:30 - 7:30 AM				6:30 - 7:30 AM		
07:30	School drop-off						
07:45							
08:00							
08:15							
08:30							
08:45	Beginners Aerial	Intermediate Aerial	Vin-2-Yin Yoga	Vin-2-Yin Yoga	Beginners Aerial		
09:00							
09:15							
09:30	8:45 - 9:45	8:45 - 9:45	(75 Minutes) 08:45 - 10:00	(75 Minutes) 08:45 - 10:00	8:45 - 9:45		Intermediate Aerial
09:45							
10:00	Vin-2-Yin Yoga	Vin-2-Yin Yoga			Vin-2-Yin Yoga		
10:15			Beginners Aerial	Intermediate Aerial			09:30 - 10:30
10:30							
10:45	(75 Minutes)	(75 Minutes)			(75 Minutes)		Beginners Aerial
11:00	10:00 - 11:15	10:00 - 11:15	10:15 - 11:15	10:15 - 11:15	10:00 - 11:15		
11:15							
11:30							10:45 - 11:45
11:45							
12:00							Vin-2-Yin Yoga
12:15							
12:30							
12:45							(75 Minutes)
13:00							12:00 - 13:15
	Lunch Break						
16:30					Kids Aerial		
16:45							
17:00	Kids Aerial						
17:15					4:30 - 5:30 PM		
17:30							
17:45	5:00 - 6:00 PM						
18:00							
18:15	Restorative Yin & Aromatherapy	Beginners Aerial	Intermediate Aerial	Beginners Aerial	Intermediate Aerial		
18:30							
18:45	6:15 - 7:15 PM	6:15 - 7:15 PM	6:15 - 7:15 PM	6:15 - 7:15 PM	6:15 - 7:15 PM		
19:00							
19:15							
19:30	Intermediate Aerial	Candlelight Vinyasa	Beginners Aerial	Candlelight Vinyasa	Restorative Yin & Aromatherapy		
19:45							
20:00							
20:15	7:30 - 8:30 PM	7:30 - 8:30 PM	7:30 - 8:30 PM	7:30 - 8:30 PM	7:30 - 8:30 PM		
20:30							
20:45			Candlelight Vinyasa				
21:00							
21:15							
21:30			7:30 - 8:30 PM				

# Kundalini and Special Events

Date	Day	Time	Suggestion	Duration
08-Oct	Saturday	10h00	Kundalini and Sound healing	75 Minutes
09-Oct	Sunday	17h00	Full Moon Cacao Ceremony	2 hours
15-Oct	Saturday	10h00	Kundalini and Sound healing	2 hours
22-Oct	Saturday	10h00	Kundalini and Sound healing	75 Minutes
23-Oct	Sunday	17h00	New Moon Ceremony	2 hours

## Class short descriptions

Class	Focus	Main Teacher	Description
Vin-2-Yin Yoga	Balance Flexibility Spinal health Body toning Deep tissue Core strength	Anca	Our Vin-2-Yin class combines the best of Vinyasa and Yin yoga for a longer class that helps you feel better every day. A very balanced workout that provides strength, flexibility and cardio health. Always 75 Minutes
Restorative Yin & Aromatherapy	Flexibility Mental calm Spinal health Senses	Anca Gabby	A gentle class that targets daily stress in both body and mind. We combine the benefits of Yin yoga and aromatherapy to relax your muscles, ease your spine and help you release the stress that life brings.
Sunrise Vinyasa	Strength Flexibility Balance Mental Calm	Gabby	Practice surrounded by candles where you can focus on yourself and forget about everyone else for a while. Slowly move from one asana to the next to build your skill and confidence
Candlelight Vinyasa	Strength Flexibility Balance Mental Calm	Anca Gabby Juliana	Practice surrounded by candles where you can focus on yourself and forget about everyone else for a while. Slowly move from one asana to the next to build your skill and confidence
Kundalini Yoga and Sound Healing	Breathing Emotional release Crystal Bowl	Diana	Kundalini Yoga is a powerful, fast-acting technique that brings balance to mind, body and soul. Our schedule changes based on the availability of our teacher. Always 75 Minutes
Hatha Yoga	Flexibility Toning Breathing	Freda Teodora	Traditional Yoga that will help you learn the basics while still providing the benefits of stretching and toning. Our Hatha program also enables new teachers to gain experience We only accept certified teachers in our program.
Beginners Aerial	Balance Core strength Flexibility Body awareness Body toning	Anca Juliana Gabby	Get comfortable in our silk hammocks and enjoy the benefits in Yoga in an exciting format. Deeper stretches and a stronger awareness of your body and balance.
Intermediate Aerial	Balance Core strength Flexibility Body toning Cardio health	Anca	If you are already comfortable with our hammocks and the asanas we teach this class is perfect for you. You will move more, elegantly join asanas together and rarely touch the floor. Watch for the 75 minutes classes.

### Yoga for Children

Kids Aerial	Balanced	Anca	Ages: 8 - 13. Teaching our children balance, fitness, strength and unique Aerial movement. Our girls love the freedom of expression Aerial Yoga provides. Note: This is not aerial acrobatics
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### Special Events

Full Moon Ceremony	Connectedness Breathing Sound Healing	Diana Anca	Every Month we try to include a ceremony close to the Full Moon. The ceremony may include breathwork, Tea Ceremonies, Cacao Ceremonies and frequently Sound Healing. Two hour session
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New Moon Ceremony	Connectedness Breathing Sound Healing	Diana Anca	Every Month we try to include a ceremony close to the New Moon. The ceremony may include breathwork, Tea Ceremonies, Cacao Ceremonies and frequently Sound Healing. Two hour session
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