



## MONDAY

9:15 - 10:30am	<b>Slow Flow Vinyasa</b>	<i>Shell</i>
6:00 - 7:15pm	<b>Ashtanga Improv</b>	<i>Joanna</i>

## TUESDAY

6:00 - 7:15pm	<b>Multi-Level Yoga</b>	<i>Blossom</i>
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## WEDNESDAY

9:15 - 10:30am	<b>Multi-Level Yoga</b>	<i>Blossom</i>
6:00 - 7:15pm	<b>Ashtanga Improv</b>	<i>Joanna</i>

## THURSDAY

9:15 - 10:30am	<b>Slow Flow Vinyasa</b>	<i>Joanna</i>
6:00 - 7:15pm	<b>Ashtanga Improv</b>	<i>Jennifer</i>

## FRIDAY

9:15 - 10:30am	<b>Slow Flow Vinyasa</b>	<i>Kelli</i>
5:00 - 6:00pm	<b>Intro to Ashtanga</b>	<i>Bridget</i>

### Weekend Workshops and Retreats

We reserve the weekends to offer special workshops and retreats so keep checking back to see our diverse offerings. If interested in offering something contact Jennifer at [job.ayc@gmail.com](mailto:job.ayc@gmail.com)/ 434-531-5441

### Private Yoga Instruction

All of our teachers are also available for private instruction or small group classes at the studio during the hours classes are not being offered.

## CLASS DESCRIPTIONS

### SLOW FLOW VINYASA

Vinyasa connects breath with movement. This class will move mindfully, slowly and offer creative vinyasa sequence while guiding students safely through sun salutations, standing and seated postures. Classes improve students' strength, flexibility, balance and mindfulness. Classes are suitable for all levels.

### MULTI LEVEL YOGA

This is a medium intensity practice that allows students to work at their own level in a group setting. We will practice simple meditation and breathing techniques to help us tune in, focus and calm the mind. And we will combine breath and movement as we move through a full body practice of poses to strengthen and stretch. Class finishes with a conscious rest in our peaceful studio.

### INTRO TO ASHTANGA YOGA

Learn the fundamentals of the Ashtanga yoga practice in a slow, safe and comprehensive manner. Learn Sun Salutations and the fundamental standing asanas (postures), breathing techniques, and philosophy of the Ashtanga yoga system. Some seated postures also introduced.

### ASHTANGA IMPROV

A playful, intelligent exploration of postures from other series in the Ashtanga method allowing time to "workshop" some postures.

## ABOUT US

The Ivy Studio is dedicated to the study and practice of yoga posture, philosophy and mindful movement. Classes are geared toward those new to the practice and to those students more experienced that want to move more deeply and at a slower pace.

All the teachers at the Ivy Location are dedicated students of yoga, always learning and delving deeper into the understanding of yoga, so that their teaching remains fresh and inspired.

1042 Owensville Road 22901  
at Meriwether Springs Vineyard - *Stay Right*

**For more information, call Jennifer 434-531-5441 or email [jdb.ayc@gmail.com](mailto:jdb.ayc@gmail.com)**