

FIND YOUR TRUE NORTH

at the NORTHLAND'S PREMIERE YOGA CENTER

Your teachers at Yoga North are committed to your systematic development in postures, breath, meditation, and towards the goal of knowing yourself. Our studio provides quiet reflective space for this self-study and exploration. Private & Corporate Consulting are available upon request.

HATHA YOGA incorporates breath work and postures to increase the body's alignment, strength and flexibility

HATHA I stretch & strength at a gentler pace

HATHA I/II regular use of Sun Salutation with more stamina

HATHA II emphasis on details & form; more complex postures; some inversions

BEG. HATHA the basics for new & returning students

BODY BALANCING***focus on the details of releasing tension in the spine, shoulder girdle & hips as a foundation for classical yoga postures

YOGA FOR THE CORE***focus on the inner core and building stability from the inside out. Essential for all movement

PRIMARY SERIES ASHTANGA rigorous; stretches, strengthens, and tones using a set series of postures designed to build heat and encourage breathing (appropriate for all levels)

ASHTANGA BEG the basics for new and returning students

KUNDALINI YOGA a flowing, spiritual, dynamic form of yoga which includes postures, movement, chanting and breath work

VINAYSA FLOW a step up from a traditional hatha class incorporating traditions from the Ashtanga practice. Postures will "flow" from one to another in conjunction with breath

YOGA FOR YOU if you shy away from a group yoga class because of your size, your age, or flexibility then this class is for you! Props and modifications are used to make the poses accessible and comfortable

YOGA PLAY! for the developing Yogi & Yogini

***denotes specialized classes

PRICING

PAY BY THE CLASS

\$12.50 (\$8.50 student/senior) space available

PUNCH-CARD

Use for open classes

10 classes for \$95
(\$85 student/senior)
4 mnth expiration

4 classes for \$45
(\$34 student/senior)
2 mnth expiration

FALL SEASON PASS

Attend any/all open or registration classes \$280

***includes 50% off specialized classes & 10% off workshops!

REGISTRATION CLASSES

Session I begins week of Sept. 8th

8 weeks \$72

8 weeks \$96

***specialized classes

Session II begins week of Nov.5th

Mon/Tues/Wed

7 weeks \$63

Thurs/Fri

6 weeks \$54

Mon/Tues/Wed

7 weeks \$84

***specialized classes

Thurs/Fri

6 weeks \$72

***specialized classes

Your Teachers

Deborah Adele
Sara Duke
Kristin Fogard
Linda Glisson
Catharine Larsen

Ann Maxwell
Joe Lindgren
Amber Moesch
Molly McManus
Patti Peters
All teachers are Yoga Alliance certified.

Teacher Support

Kyle Elden

Admin Support

Jill Pospisil

Administration

Molly McManus

Marketing

Sarah Ricciardi

Co-Owners

Deborah Adele

Ann Maxwell

www.YogaNorthDuluth.com

218.722.YOGA 888.722.YOGA

4628 Pitt St, in St. Michael's School



fall classes
sept 8th-dec 21st



FALL SCHEDULE SEPT 8th–DEC 21st

mondays

Early Hatha I9:30–10:45AM
 Yoga For You4:00–5:15PM
 registration required
 Primary Series Ashtanga II5:30–7:00PM
 Ashtanga Beg/I7:15–8:30PM

tuesdays

Morning Hatha I/II9:30-10:45AM
 Yoga Play! Ages 5–124:15-5:15PM
 registration required
 Session I: 8 weeks \$64 Session II: 7 weeks \$56
 Kundalini5:30-6:30PM
 Beginning Hatha7:00-8:15PM
 registration required

WINTER–SPRING CLASSES BEGIN JAN. 5th

wednesdays

Body Balancing***9:30–10:45AM
 registration required
 Body Balancing***4:30–5:45PM
 registration required
 Hatha I/II6:00–7:15PM
 Hatha II7:30–9:00PM
 registration required

thursdays

Yoga for the Core***9:30-10:45 AM
 registration required
 Hatha Beginning4:15-5:30PM
 registration required
 Vinyasa Yoga5:45-6:45PM
 Hatha I7:00–8:00PM
 Meditation8:15–9:00PM
 two 20 minute sessions–no charge

fridays

Early Hatha II6:30–7:40 AM

denotes specialized classes
NO CLASSES NOVEMBER 27th–28th

SAT SANGA SPIRITUAL COMMUNITY

sadhana 6–8 AM An early-morning spiritual discipline of chanting & postures in the Kundalini Yoga tradition.
 Sept. 21st, Oct. 5th & 19th, Nov. 2nd & 19th, Dec. 14th

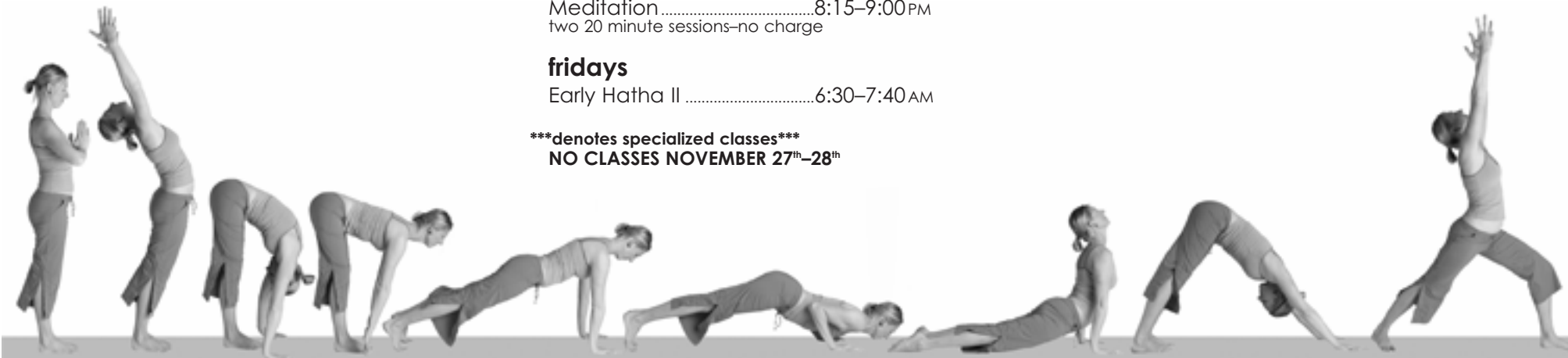
winter solstice celebration

This is a devotional practice to honor the changing of seasons

Sat., Dec. 20th, beginning at 9PM, 108 sun Salutation followed by 108 Gayatri Mantra

Sun., Dec. 21st, 6–7AM, Time for quiet reflection, gentle postures, and chanting

Sat Sanga Spiritual Community is FREE OF CHARGE to Yoga North students



RETREATS

LODGE TO LODGE, Sept. 25-28th
 Join us up the North Shore on the beautiful Superior Hiking Trail waking with yoga and meditation, day hikes and evenings of yogic philosophy

YOGIC STUDIES

Workshops • Extended in-depth studies
 200 & 500 hour Teacher Certification
 CEUs available • Yoga Wear • CDs & Books
 Watch for Yoga North's own Deborah Adele's upcoming book, *The Yamas & Niyamas: Exploring Yoga's Ethical Practice*

OPEN HOUSES

Fall Open House Sun., Sept. 7th, 2–4:30
 Winter–Spring Open House Jan. 4th, 2–4:30
 Free demo classes • 10% off everything
 New to Yoga North receive FREE class pass
 Come and get started!