



~~~~~BMoreHealthCoach.com Yoga~~~~~

**SUMMER 2018 Class Schedule for Pearce Avenue Studio**

*MindiMeira Blaxberg      MeiraBlaxberg@gmail.com      443-527-1727*

Sunday 9:30-10:30am WO Gentle Yoga & Meditation/Prenatal Jun 3, 17, 24 Jul 15, 22, 29  
Sunday 10:45-11:45 am WO Gentle Yoga & Meditation Jun 3, 17, 24 Jul 15, 22, 29  
Sunday 12:00-1:00 pm WO Vinyasa/Flow Yoga Jun 3, 17, 24 Jul 15, 22, 29  
  
Mon 6:45-8:00 pm WO Restorative Yoga Jun 4, 11, 18, 25 Jul 16, 23, 30  
Mon 8:15-9:30 pm COED Family Yoga Jun 4, 11, 18, 25 Jul 16, 23, 30  
  
Wed 11:15-12:00pm WO Myofascial Release/Rolling Jun 13, 20 Jul 18, 25  
Wed 6:30-7:30 pm BOYS ONLY KAY Jun 6, 13, 20 Jul 18, 25  
Wed 8:00-9:00pm WO Vinyasa/Flow Yoga Jun 6, 13, 20 Jul 18, 25  
  
Thur 5:00-6:00pm GIRLS ONLY KAY Jun 7, 14, 21 Jul 12, 19, 26  
Thur 6:15-7:15pm WO Yoga Nidra Jun 7, 14, 21 Jul 12, 19, 26  
  
Fri 4:00-5:00pm COED KAY Jun 1, 15, 22 Jul 13, 20, 27

\*WO=Women's Only \*\*KAY= Kidding Around Yoga

**PLEASE NOTE:** Schedule Current At: <http://bmorehealthcoach.com/calendar/class-calendar/>

**NO CLASSES: Jun 26-Jul 11(Visiting Aunt Marcia in Florida)  
CLASSES RESUME JUL 12**

**NO WALK-INS. PREGISTRATION REQUIRED.**

TEXT 443-527-1727 to request a class!

ADULTS: \$20/class \$99/6 (over 18)

CHILDREN:\$15/class. \$75/6 under 18)

PRE-REGISTER by texting MindiMeira 443-527-1727 class (type & date/session) you would like to attend AND PayPal MeiraBlaxberg@gmail.com (Friends & Family) or Venmo to 443-527-1727 or Cash or Check paid PRIOR to class.

**CLASSES are FILLING. PREREGISTER NOW!  
ONLY PREREGISTERED STUDENTS are GUARANTEED a SPACE.**

Schedule updated 6 1 2018

## **Descriptions of Yoga Classes:**

**Coed Family Yoga:** Bring your Parent, Child or Partner! Style varies based on participants' requests and what MindiMeira is learning! This is the class that gets to try out all sorts of new things!

**Gentle Yoga and Meditation:** Gentle Yoga and Meditation class focuses on pranayama (breathe work), posture, asanas (poses) and toning/chanting to prepare the mind-body for deeper connection in meditation. Many studies have linked yoga to a broad range of health benefits including cardiovascular health and improved blood pressure. Gentle Yoga and Meditation participants regularly report improved posture, increased flexibility, overall and core strength gains, in conjunction with a sense of calm, balance, and a discovery and return to themselves from the classes. *All levels.*

**Kidding Around Yoga (KAY) Class:** Activities, dances, sequences and poses to keep children engaged and having tons of fun while participating in aerobic activity, strengthening, flexibility, breath work, cooperation and relaxation. *All levels* Ages 5-10, Available for Girls Only, Boys Only & Coed

**Prenatal Yoga:** Designed for Pregnant Women, regardless of trimester. Prepare your body to transition through the changes of pregnancy. Experience grace, strength, flexibility and relaxation as you prepare mind, body and spirit for birth. (P.S. MindiMeira is a Certified Doula and may available to serve you at your birth! Please text MindiMeira at 443-527-1727 with your EDD if interested in Doula Services). *Adaptable for all trimesters.*

**Restorative Yoga:** Restorative Yoga involves a few, well supported poses, guided breathwork, softening, A return to center, and deep relaxation. Come, be restored, be nurtured . *All levels.*

**Myofascial Release/Rolling:** Using a variety of balls and foam rollers, we'll roll to receive myofascial release all over the body. *All levels.*

**Vinyasa/Flow Yoga:** Flowing Sequence of poses for endurance, flexibility, strengthening and energizing. *Intermediate and Advanced*

**Yoga Nidra:** Students rest in savasana and follow a guided visualization throughout the class. Teaching the muscles to relax while awake prepares muscles to stay relaxed in sleep. This class reconnects, recovers and heals many disowned parts. Highly recommended for those with PTSD, anxiety issues, difficulty sleeping, and stress. *All levels*