



Grey Owl Mind-Body Studio - September (VIRTUAL and In Studio)

Classes will be offered virtually and in-studio (with limited capacity), except for those labeled as *VIRTUAL ONLY*

Be sure to visit our website (greyowlmb.com) for the latest schedule

Phone: (770) 558-6859

- Beginner friendly yoga
- Meditation
- Aerial Yoga
- Series/Events
- Dance

All classes 60 minutes unless stated otherwise

*Space limited to 8 so please sign up in advance to reserve your spot
4WS = 4 week series, 6WS = 6 week series, 8WS = 8 week series

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						All Levels Yoga Flow	
10:00 AM	Deep Stretch - Yin						
10:30 AM					Tone Up/Tune In (Toning + Deep Stretch)		All Levels Yoga Flow
12:00 PM	Aerial Yoga	Gentle Yoga and Bone Density Strengthening	Perfect Balance: Yoga Flow & Restore-All Levels (75 min)				
12:30 PM							Aerial Yoga
6:00 PM		Outdoor Primordial Qigong All Levels Yoga Flow	Tone Up/Tune In (Toning + Deep Stretch)	Slow Flow and Meditation	Shimmy Fit Belly Dance With Susu Ali *VIRTUAL ONLY* 9/3 and 9/17		
6:30 PM	Sound Journey Meditation with Michael Burke (9/20)						
7:30 PM				Aerial Yoga	Yin Yoga for Hip 9/10 Yin Yoga for Spine Health 9/24		
					Restorative Yoga for Better Sleep (75 min) *VIRTUAL ONLY* 9/3 and 9/17		

Beginner Friendly Classes:

Candlelight Bliss: Yin/Restorative

Come bliss out in this class experience that combines two therapeutic yoga styles into a single class with the soothing flicker of a candlelit room. Yin yoga holds a pose for 3-5 minutes providing the opportunity to release and stretch deep while Restorative poses provide restful recovery to your physical, energetic and mental state.

Make this evening a date night, girl's night or "you night" at the Grey Owl.

Candlelight TLC - Restorative Yoga

Honor your nervous system and body with some Tender Loving Care in this ultra relaxing class. You'll spend much of the time on the floor using props (foam blocks, bolsters, blankets) to fully support your body as it rests for 5 minutes or more in each nurturing pose/stretch.

This 75 minute class is especially helpful for countering stress, centering, gentling stretching and rebalancing the body and mind.

Deep Stretch: Yin Yoga

Give yourself a deep tissue massage through this Yin style class. Yin yoga consists of holding specific poses for 3-5 minutes, completely surrendering any muscular effort which will release tension in the connective tissue of the body around the joints (mainly the knees, pelvis, sacrum, and spine).

Gentle Yoga + Strengthening for Bone Density

Experience a more grounded and slower paced yoga practice appropriate for those returning to physical movement after time away or simply needing to treat the body to a gentler flow. This class will also emphasize movements and muscle engagement proven to help support and strengthen bone density (osteoporosis/osteopenia).

All Levels Yoga Flow

This all level class incorporates breathing techniques and "asanas" or poses into a gentle moving sequence in which poses are held for several breaths to allow your body to get familiar with the posture and fully experience its benefits. Leave feeling stretched, strengthened, and relaxed.

Perfect Balance: Yoga Flow and Restorative - All Levels

This 75 minute class combines an all levels yoga flow class and restorative yoga class into one, perfectly balanced for your body, mind and energy needs. Move, stretch, strengthen then relax and restore, leave feeling ready for whatever your day has in store.

Tone Up/Tune In

In this class we combine core toning, deep stretching, breathing exercises and meditation to build strength, stability, flexibility and connection between body and mind. Toning of the core (shoulder to thighs) will be achieved through deliberate slow movements, long holds and repetition of yoga postures. We end with yin style stretching, engagement of the diaphragm through breathing exercises and meditation.

Guided Meditation

Each class explores several breathing and meditation techniques to help slow and quiet the mind. We provide meditation pillows, blankets, bolsters, folding chairs and mats to accommodate sitting or laying down based on your physical needs. Feel free to bring your own meditation seating arrangement.

Moving Meditation - Qigong for Health

Learn techniques to help manage stress, feel more energized and full of vitality. Qigong is a way of using gentle movement, healing posture, meditation, breathing and focused intent to cleanse, harmonize and circulate the life-force - also known as 'qi' (or chi). This ancient Chinese mind-body practice has evolved over thousands of years and today, modern science is proving the astounding benefits it brings to health and well-being. Suitable for all ages, all levels of fitness, easy to learn and easy to do.

Open Independent Meditation for current Grey Owl Studio Students and Meditation Program Participants

Looking for a quiet place to practice your meditation? Come have a seat on one of our Zen Meditation Room cushions, employ your own meditation technique and go at your own pace.

Prior yoga experience recommended:

Warm Vinyasa

Turn up the heat within. Vinyasa is a sanskrit term that means "to place in a special way" and represents a flowing sequence of specific poses which are linked to breath. This one movement, one breath cadence makes for a fast, powerful practice which will leave you sweating, energized and feeling totally elated.

Please note the room will be warmed (85 - 90 degrees) in order to support detoxing through sweating, increasing the heart rate for more aerobic output and warming up the muscles helping with flexibility.

Be sure to hydrate before and after class. As always, listen to your body and go at your own pace.

Aerial Yoga

Aerial Yoga All Levels (75 min)

This unique yoga class makes use of a fabric hammock to enhance your practice by providing gentle support or increasing the intensity of traditional poses. Each class will allow you an opportunity to invert in the hammock and experience the benefits of hanging upside down, reversing blood flow in the body and decompressing the spine.

Aerial Sculpt All Levels (75 min)

This 75 minute aerial class has an increased focus on strength building and toning the entire body using just the hammock and your body weight. After a warm up, move your body through a conditioning sequence to power up your muscles and get the heart rate going. Inversions and yummy stretches will be sprinkled throughout class so you leave feeling powerful and lengthened.

Aerial Yoga Open Studio

This 75 minute supervised play time is intended to be used by experienced aerial yoga students wanting to practice at their own pace. We will have an instructor in the room to assist with new moves, spot as needed and ensure everyone remains safe. This class requires students to complete 5-6 All Levels Aerial Yoga classes prior to working independently.

Aerial Basics

For those brand new to aerial or simply needing a slower moving aerial class, our basics class is a perfect option. While the class pace is slower and poses are simpler this class will still be challenging and offer all the same benefits of strengthening, stretching and inversions as from our other aerial classes. If you have any specific issues or injuries you are managing through, please let the instructor know at the start of class.

Please note, this class is 60 minutes.

Barefoot Dance

Shimmy Fit Belly Dance

From the roots of Belly Dance comes Susu's Shimmy Fit evolution.

This fun, cardio, low-impact 60 minute class will have you moving through hip shimmies, hip drops, belly rolls and more.

Belly Dance

In this class, participants will learn belly dance movement combinations and choreography which help new students gain an understanding of the basics while allowing more experienced students to deepen their skills and incorporate their own personality into the dance routine. Each week students will learn a new set of moves for a piece of Middle Eastern music selected by the instructor. Students will get the translation of music to better feel and relate to the song if it's lyrical music. There also will be potential performance opportunities at future events. This class is beginner friendly.

Cuban Salsa Dancing

Rueda de Casino is a group dance similar to square dance born in Havana, Cuba in the late 1950's and is a unique call-and-response style where partners form a circle and perform dance moves in unison. In this 4 week class, you'll learn the basics of dancing salsa with Cuban flavor, including attention to detail, technique, music appreciation and partner work. You'll learn new moves each week and have practice time to help build your skills. This class is beginner friendly.

Mom, Family & Kids

Prenatal

Each class in this series will focus on building strength, reducing tension, and increasing relaxation during pregnancy, childbirth and after giving birth. Using specifically designed asana (postures), breathwork and meditation you will leave stronger, more relaxed and confident.

Baby Yoga

This 8 week class series is appropriate for babies ages 3-weeks to almost crawling.

Through song, play and infant massage, Baby Yoga uses basic yoga poses to aid in digestion and create a more relaxed state for baby and caregiver alike.

Tot Yoga

This 8 week class series is appropriate for toddlers almost crawling to almost walking.

Through song, play and infant massage, Baby Yoga uses basic yoga poses to aid in digestion and create a more relaxed state for baby and caregiver alike.

Family Yoga

Family Yoga is fun for the whole family! Enjoy music, themes, movements and games all designed to promote creative expression and connection with the family unit. (ages 4+)

Kids Yoga

Kids Yoga is great for younger kids as well as your pre-teen! They will practice at their own pace as they learn to honor themselves and others in non-competitive ways while learning the true healing benefits of yoga. (ages 4-11)

Tween/Teen Meditation & Yoga

Anxiety is the most common mental-health disorder in the United States, affecting nearly one-third of both adolescents and adults, according to the National Institute of Mental Health. Yoga and meditation can reduce the impact of exaggerated stress responses and in turn help to minimize anxiety. In this 4 week class, participants will learn yoga and meditation exercises that may be applied "off the mat" in everyday life to promote greater balance, resilience and mindfulness.