

Yoga Journeys Fall 2019

MONDAY	11:30 AM – 12:45 PM	Kripalu Yoga: Gentle	Teryl
	5:30 PM – 6:45 PM	Kripalu Yoga: Moderate	Teryl
TUESDAY	8:30 AM – 9:30 AM	Dru Yoga: Gentle	Deb
	10:00 AM – 11:15 AM	Kripalu Yoga: Gentle, for All Needs NEW TIME	Teryl
	5:00 PM – 6:15 PM	Integrative Yoga: Gentle, Multi-level	Suellen
	6:30 PM – 8:00 PM	Dru Yoga: Gentle	Deb
WEDNESDAY	11:30 AM – 12:30 PM	Gentle Yoga for Active Seniors	Suellen
	1:30 PM – 4:00 PM	Yoga for Grief and Loss* Oct. 2, 9, 16, & 30 \$80	Nancy
THURSDAY	8:00 AM – 9:15 AM	Kripalu Yoga: Gentle	Teryl
	11:30 AM – 12:45 PM	Pain-Care Yoga \$18 each or \$90/6 sessions	Kristina
FRIDAY	9:00 AM – 10:15 AM	Kripalu Yoga: Women's Continuing/Moderate	Teryl

*must pre-register with Nancy 719-237-6547. This is a 4-part workshop

Moderate is for students wanting more challenge.

PLEASE CHECK OUR WEBSITE WWW.YOGA-JOURNEYS.NET FOR ANY SCHEDULE CHANGES AND SPECIAL EVENT INFORMATION.

NOTE: This is a second floor studio with no elevator.

TERYL'S CLASS FEES*

Ask other teachers for their pricing.

DROP-IN Fees:

\$18/class

New Students \$20 (2 for 1)

Packages

5 classes \$75 (\$15 per class); \$70 seniors

\$50 seniors 80 years or older

10 classes \$140 (\$14 per class)

20 classes \$260 (\$13 per class)

NOTE: We do not take credit cards.

PRIVATE YOGA THERAPY SESSIONS

WITH TERYL \$75/hour, \$60 Seniors

Private sessions to meet individual needs.

FREE class within a week of your birthday or anniversary (with spouse).

*For those that cannot handle these prices, some partial scholarships, sliding scales, donations or trades may be arranged.

Weather Cancellations

If School District 11 cancels or delays classes, we will most likely do the same. Our teachers will try to send out emails 1 hour prior to class. Call your teacher if uncertain.

Yoga Journeys

709 North Nevada, Suite 201 719/471-7424

www.yoga-journeys.net



Yoga Journeys

We have offered compassionate, transformational and soul-based yoga since 1996.

Perfect for all stages, body types and ages, this yoga takes you on a sacred journey to yourself. It is “yoga from the inside out.”

We also specialize in:

- yoga for mature students
- yoga therapy for special needs (cancer and other diseases, injuries, eating disorders, etc.)
- meditation
- chair yoga
- breathwork
- women’s life stages
- the chakra system
- restorative yoga

Instructors: Highly trained in the classical styles of Yoga, our instructors guide you to tap into your own innate wisdom, empowering you to live your life more fully.

TERYL LUNDQUIST (MAT, RYT- 500), Master Yoga Teacher & Mentor, owner of Yoga Journeys, with “Professional Level” certification in Kripalu Yoga also offers private Yoga Therapy. **471-7424**

ELLIE CORIELL, has studied Heart Centered Meditation with Mary White since 1993. She has also studied Qigong with Master Mingtong Gu since 2004. **339-7415**.

DEB HOUSMAN (RYT-200), certified in Dru Yoga, has been teaching since 2003, and is a skilled Cranial-Sacral Therapist. **633-4390**

KRISTINA KNIGHT with 400 hours dedicated to the study of the Neuroscience of Pain, Kristina specializes in working with people living with persistent pain. **659-2126**; hoperestoredyoga@gmail.com

SUELLEN MCANDREWS (RYT-200), certified since 1988, teaches integrative, multi-level, playful yoga, anatomy alignment and stress-reduction. **649-6477**; suellenmca@aol.com

NANCY STANNARD (RYT-200), owner of Shining Mountain Yoga in Woodland Park, Nancy loves to work with a population concerned with healthy aging. She has training in cancer recovery, restorative yoga, meditation, trauma recovery and yoga for older adults **719-237-6547**; nancystannard55@gmail.com

OUR CLASSES

Unless noted, or by teacher discretion-- all of our classes are suitable for all levels and experience.

Dru Yoga: a graceful and potent form of yoga, based on flowing movements, directed breathing and visualization.

Grief and Loss Yoga Workshop: the trauma of grief and loss can remain locked in our cells. This workshop uses yoga, breathwork, meditation and journaling to help find healing on all levels of the self.

Integrative Yoga: focusing on anatomy alignment and stress-reduction, it is a practice drawing from many yoga disciplines.

Kripalu Yoga: meditation in motion. an integrative practice with poses that work from the inside out.

Restorative Yoga: gentle floor stretches to release tension, with passive propped poses to soothe body and soul.

Special Needs Yoga: offers floor, standing and chair yoga poses, therapeutic and safe modifications, props, and mindfulness to accommodate a variety of special physical needs.

Yoga Therapy: private sessions to meet individual special needs.

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