



17TH ANNUAL GIVING TREE

SUPPORTING SEARS MANOR
& GRACEMORE.

SEE FRONT DESK FOR DETAILS.



DECEMBER

SOMETHING FOR EVERY YOGI



Blood Drive

Wednesday, December 20th
8 a.m. to 1 p.m.

See front desk for details.



Holiday Massage Special

Buy 4 Sessions
Get One Free

See front desk for details.



Holiday Yoga Special

Buy 4 Private Sessions
Get One Free

See front desk for details.

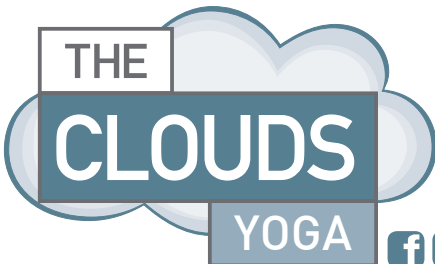
CHRISTMAS HOURS

Closed December 24th Christmas Eve & December 25th Christmas Day


























NEW YEAR'S HOURS

December 31st, Open 12-4 pm - Kidzone Closed / Closed January 1st

SCHEDULE ALSO AVAILABLE ONLINE



Contact us:
(912) 638.5600
thecloudsyoga.com

MONDAY	TUESDAY	WEDNESDAY
6:30 Awakenings Yoga Level 1 Margie / 45 Min 	8:15 Open Flow Level 2 Robin 	6:30 Awakenings Yoga Level 1 Pat / 45 Min 
8:15 Yoga Multi-Level Ashlyn 	10:00 Foundations Yoga Level 1 Sonja 	8:15 Power Flow Level 2 Robin 
9:15 Hot Yoga Multi-Level Tannis 	10:15 Hot Yoga Multi-Level Tannis / 75 Min 	9:30 Stretch 101 Multi-Level Amy 
9:30 Stretch 101 Multi-Level Joy 	4:30 Hot Yoga Multi-Level Mandy 	9:30 Mat Pilates Multi-Level Karen 
9:30 Mat Pilates Multi-Level Jessica / 45 Min 	5:30 Vinyasa Flow Level 2 Lindsey / 50 Min 	10:00 Hot Yoga Multi-Level Mandy 
4:00 Gentle Practice Yoga Level 1 Karen 	5:45 Prenatal Yoga Additional fee Mandy 	4:00 Gentle Practice Yoga Level 1 Karen 
5:30 Hot Yoga Multi-Level Tannis / 75 Min 	6:30 Power Flow Level 2 Robin / 75 Min 	5:30 Hot Yoga Multi-Level Tannis / 75 Min 
5:30 Mat Pilates Multi-Level Roxana / 45 Min 		5:30 Mat Pilates Multi-Level Jessica / 45 Min 
6:15 Foundations Yoga Multi-Level Anne 		6:30 Yoga Multi-Level Connie 


Non-member: Drop in \$15 class or 10 classes for \$120
Classes are 60 minutes unless otherwise noted.




Yoga
With Lauren
Fridays, 4 p.m.
75-minute class


THURSDAY

6:30 **Hot Yoga**
 Multi-Level
 Marcia

8:15 **Open Flow**
 Multi-Level
 Robin


9:30 **Advanced Pilates**
 Level 2
 Melissa A

10:00 **Foundations Yoga**
 Level 1
 Karen


10:15 **Hot Yoga**
 Multi-Level
 Ashlyn


4:30 **Barre Fusion**
 Level 2
 Jessica / 45 Min

5:30 **Hot Yoga**
 Level 2
 Lindsey


6:30 **Yin Yoga**
 Multi-Level
 Karen / 75 Min

FRIDAY


6:30 **Awakenings Yoga**
 Level 1
 Connie / 45 Min

8:15 **Yoga**
 Multi-Level
 Lee


9:30 **Hot Yoga**
 Multi-Level
 Tannis

9:30 **Stretch 101**
 Multi-Level
 Lee

9:30 **Mat Pilates**
 Multi-Level
 Melissa A


4:00 **Yoga**
 Multi-Level / 75 Min
 Lauren

SATURDAY

9:00 **Open Flow**
 Level 2
 Kristy / 75 Min

9:00 **Hot Yoga**
 Multi-Level
 Staff / 75 Min

SUNDAY

4:30 **Simply Sunday Yoga**
 Multi-Level
 Staff



Prenatal Yoga Series

With Mandy

Tuesdays, 5:45 p.m.
 Sign-up at Front Desk



Awakenings - All Levels

Begin your day with a gentle and energizing practice rooted in prana. These classes help you to mindfully ease into your day and awaken body-awareness.

Foundations - All Levels

In Yoga Foundations we will break down the essential components you will need to develop your yoga practice. Learn techniques that will enable you to practice your postures safely and skillfully. This class is appropriate for students who are new to yoga as well as those who want to focus on details of alignment and refinement in their practices.

Gentle Practice - All Levels

Gentle Yoga takes a very calming approach to classical hatha yoga postures and stretches. Gentle warm-ups, stretching, and some restorative work. Relax as you bring your focus into the present moment. Great for those new to yoga, for people managing health conditions, for those recovering from injuries or those that want to balance out with a gentle practice.

Vinyasa Flow - Level 2 & 3

In this Vinyasa Flow class you will synchronize breath with movement. Students will focus on linking conscious breath with a mindful flow of yoga postures. Students awaken their strength, energy, and flexibility in a fun atmosphere. This is a dynamic class and requires some knowledge of yoga.

Yin Yoga - All Levels

Yin yoga is a slower style of yoga that targets the connective tissues in the body to create more joint mobility, muscle and fascia flexibility and better circulation. This class consists of mostly floor postures, each held for 3-5 minutes at a time. Yin yoga is a perfect complimentary practice to athletic, active styles of yoga and the challenges of daily life. In addition to greater ease in the body, Yin facilitates a meditative state.

Hot Yoga - Level 2 & 3

The room is heated to about 85 degrees and this combined with a Vinyasa flow will warm you up inside and out. Be prepared to sweat it out in this class. You may find that your body is slightly more flexible because of the warm temperature. Knowledge of yoga postures and experience beneficial. An active practice requiring a moderate level of fitness and stamina.

Multi-Level - Level Varies

Classes maintain awareness and focus on the breath while moving through a series of postures. The sequence of postures may be different from class to class, but always follow an intelligent progression that moves from basic to complex. This style of yoga builds heat, flexibility and strength, while maintaining focus on good alignment and sound structure. Postures may be held for longer periods of time, and will flow together to unite the body to the breath and mind. Instruction can range from gentler poses to more advanced poses – options will be given and modifications can be

made. Some experience with yoga is beneficial. Options and Modifications given.

Open Flow - All Levels

A balanced combination of sustained poses as well as poses flowing in a mindful progression from one to another. Attention is always given to basic alignment and therapeutic principles. Mindfulness with observing the breath and body are paramount in this practice. Classes are balanced, with energy to give you a good physical workout, and calm, to keep you balanced.

Power Flow - Level 2 & 3

A more challenging and vigorous vinyasa/hatha led yoga class focusing equally on strength and flexibility while incorporating traditional yoga postures, inversions, and more dynamic movements. Some yoga experience recommended in addition to general good health and fitness. This class is not suitable for those brand new to yoga or those with moderate to extreme health challenges.

Mat Pilates - All Levels

This mat class incorporates the authentic Pilates exercises that target the core, while lengthening and strengthening the abs, glutes, legs, arms and back for a total body workout that challenges all levels of fitness.

Advanced Pilates - Level 2 & 3

This fun and challenging class starts where the multi-level class leaves off and builds from there, offering a full body workout for those interested in building length and strength thru authentic Pilates exercises both on the mat and at the barre, targeting the core, and including legs, back and arms.

Barre Fusion

Is an intense cardio workout done at the ballet barre formatted to be a heart pumping good time that will help you take your fitness to the next level. This workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe. Barre classes mix elements of mat and barre Pilates, and the moves are choreographed to motivating music.

Simply Sunday - All Levels

Join us on Sunday for a different yoga experience each week. Our yoga teaching staff rotate in this time slot teaching their own tradition and style of yoga. Get to know all of our yoga teachers by checking out the Sunday rotation schedule and find a style that speaks to you. The Clouds yoga Program offers a variety of styles including Yin, Vinyasa Flow, Ashtanga, Kripalu, Baptiste, Kundalini and blended classes that offer a variety of these traditions. Teachers offer modifications and cater to various levels so that Sunday class is suited for most practitioners, regardless of level.