The Yoga Mat Studio offers a variety of new and traditional forms of Yoga.

Class Locations:

Yoga Mat Studio, 1315 Tustin St., Suite G, Orange 92867

Sports Center at Grijalva Park, 368 N. Prospect Ave., Bldg. B, Orange 92869

(714) 403-1550

NEW Early Bird Yoga

6 Weeks, $72 /*6 Weeks, $120

Let this class be your organic morning coffee. Roll out of bed, grab your mat and get awakened and energized in this strength building routine. After this class you will be ready to face the day with tons of energy while feeling more open mentally and physically. All levels welcome.

Location: The Yoga Mat Studio

40190	Tue	Sep 10–Oct 15	15+	6:00–7:00 a.m.
40191	Thu	Sep 12–Oct 17	15+	6:00–7:00 a.m.
*40194	T/Th	Sep 10–Oct 17	15+	6:00–7:00 a.m.

NEW Vinyasa Flow 2

6 Weeks, $72

Vinyasa Yoga focuses on detoxing and exhilarating the body, mind and spirit. It combines strength, balance and flexibility in a beautiful flow creating a solid physical, mental and spiritual workout. Expect to be heated up from the inside out and for the room temperature to be slightly heated above 80 degrees.

Location: The Yoga Mat Studio

40192	Mon	Sep 09–Oct 14	15+	6:15–7:30 p.m.
40193	Wed	Sep 11–Oct 16	15+	6:15–7:30 p.m.

NEW Yoga Blend

6 Weeks $72

Yoga Blend focuses on detoxing and exhilarating the body, mind and spirit. It combines alignment, strength, balance and flexibility in a beautiful flow sequence creating a solid physical, mental and spiritual practice.

Location: The Yoga Mat Studio

40195	Mon	Sep 09–Oct 14	15+	8:30–9:45 a.m.
40196	Wed	Sep 11–Oct 16	15+	8:30–9:45 a.m.
40197	Fri	Sep 13–Oct 18	15+	8:30–9:45 a.m.

Pre-Natal Yoga

6 Weeks, $72; *$120

A growing 'baby belly' is a wonderful thing, but it's often creates challenges for the body and mind. Attend this class for a peaceful practice of nurturing meditations and movements to prime you and your blossoming child for an easier pregnancy and delivery.

Location: Sports Center at Grijlava Park

39904	Tue	Sep 10–Oct 15	18+	5:15–6:30 p.m.
*40213	T/Th	Sep 10–Oct 17	18+	5:15–6:30 p.m.

Location: The Yoga Mat Studio

40163	Sat	Sep 14–Oct 19	18+	11:30 a.m.–12:45 p.m.

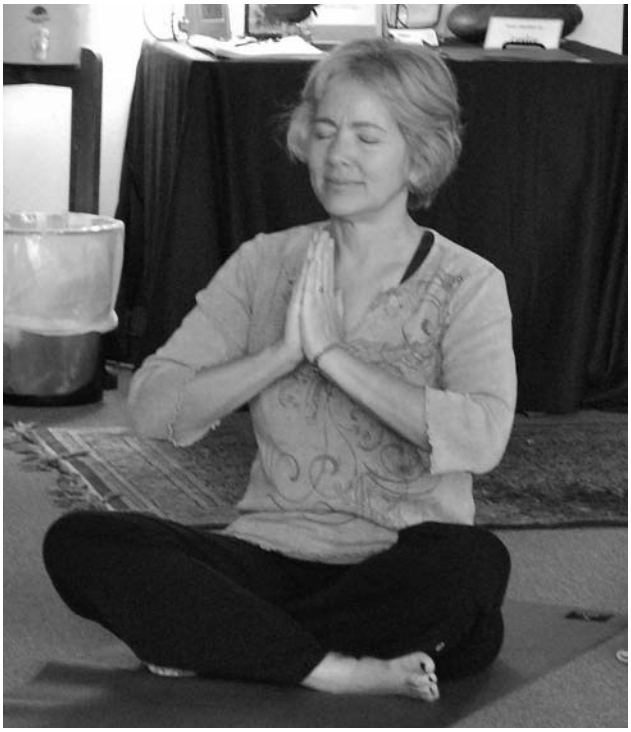
NEW Mommy 'N' Me Yoga

6 Weeks, $72

Yoga is an excellent way to restore and rejuvenate after your baby arrives! Mamas are guided through stretching, re-toning and strengthening. Class is designed to integrate joyful bonding time with the new babies. This class is very accommodating as moms are encouraged to nurse, change diapers and soothe babies in the room as necessary. *Please speak with your doctor or midwife before returning to Yoga.

Location: The Yoga Mat Studio

40199	Thu	Sep 12–Oct 17	15+	1:30–2:45 p.m.



Orange Recreation Online

REGISTER FOR CLASSES ONLINE TODAY!

See registration form on page 42 for details

For general information about any of our classes, please call (714) 744-7274 or visit us online at www.cityoforange.org

Yoga in the Hills Class Locations:

Sports Center at Grijalva Park, 368 N. Prospect Ave., Orange 92869

Steve Ambriz Memorial Park, 611 Riverbend Parkway, Orange 92865

Yoga in the Hills Studio, 7444 E. Chapman Ave., Orange 92869

(714) 289-2248

Introduction to Hatha Yoga

8 Weeks, $79

This class is designed for the absolute beginning yoga student or for those students who want to focus on proper alignment and form as they progress with their yoga practice. Proper breathing exercises will be introduced for stress as well. Students need to bring a yoga mat and should not eat two hours before class.

Location: Yoga in the Hills Studio

39749	Wed	Sep 11–Oct 30	18+	7:45–8:55 p.m.

Basic Hatha Yoga

8 Weeks, $79

Your body, mind and spirit will find peace as you increase your strength, flexibility, balance, and range of movement. Bring a mat. Do not eat two hours before class. No class will be held on 10/14/13.

Location: Steve Ambriz Memorial Park

39499	Mon	Sep 09–Nov 04	18+	6:30–7:40 p.m.

Location: Yoga in the Hills Studio

39493	Mon	Sep 09–Nov 04	18+	8:30–9:40 a.m.
39495	Mon	Sep 09–Nov 04	18+	5:15–6:25 p.m.
39496	Tue	Sep 10–Oct 29	18+	7:45–8:55 p.m.
39497	Fri	Sep 13–Nov 01	18+	6:00–7:10 p.m.
39498	Sat	Sep 14–Nov 02	18+	10:30–11:40 a.m.

Therapeutic Yoga

8 Weeks, $89

This Hatha Yoga class taught by a registered nurse is specifically designed for students with back pain, weight issues, and/or other medical issues who require more individualized attention and pose modifications. Please bring a yoga mat to class; students must be able to get up and down a mat without assistance.

Location: Yoga in the Hills Studio

40032	Sun	Sep 15–Nov 03	18+	10:45 a.m.–noon

Hatha Yoga & Meditation

8 Weeks, $79

This Hatha Yoga class includes a 20-minute segment exploring different types of meditation techniques to help quiet the mind which is great for stress reduction. No class will be held on 10/14/13.

Location: Yoga in the Hills Studio

39728	Mon	Sep 09–Nov 04	18+	4:00–5:10 p.m.
39729	Wed	Sep 11–Oct 30	18+	4:00–5:10 p.m.

Continuing Hatha Yoga

8 Weeks, $79

This Hatha Yoga class which takes place in our tranquil studio in the hills, is for students with previous yoga experience who wish to deepen their yoga practice with stronger flow series and more advanced poses. Bring a mat and yoga strap to class. We recommend not eating two hours prior to class. No class will be held on 10/14/13.

Location: Yoga in the Hills Studio

39589	Mon	Sep 09–Nov 04	18+	9:45–10:55 a.m.
39590	Mon	Sep 09–Nov 04	18+	6:30–7:40 p.m.
39591	Tue	Sep 10–Oct 29	18+	9:00–10:10 a.m.
39592	Tue	Sep 10–Oct 29	18+	5:15–6:25 p.m.
39593	Wed	Sep 11–Oct 30	18+	5:15–6:25 p.m.
39594	Wed	Sep 11–Oct 30	18+	8:30–9:40 a.m.
39595	Thu	Sep 12–Oct 31	18+	9:00-10:10 a.m.
40165	Thu	Sep 12–Oct 31	18+	5:15-6:25 p.m.
40166	Sun	Sep 15–Oct 31	18+	9:30–10:40 a.m.

Hatha Yoga–Alignment & Form

8 Weeks, $79

This yoga class which focuses on alignment and form is taught gradually to build confidence in your practice to safely enjoy yoga for the rest of your life. This class is beneficial for beginners, as well as advanced yoga practitioners. Students need to bring a yoga mat and should not eat two hours before class.

Location: Yoga in the Hills Studio

39726	Fri	Sep 11–Nov 01	18+	8:30–9:40 a.m.

Core Yoga

8 Weeks, $79

This continuing Hatha Yoga class is fused with Core Pilates as it focuses on building core/abdominal strength. Class is taught by a yoga teacher who is also a Pilates teacher. Students need to bring a yoga mat and should not eat two hours before class.

Location: Yoga in the Hills Studio

39601	Wed	Sep 11–Oct 30	18+	6:30–7:40 p.m.

Baby Boomer Yoga

8 Weeks, $79

This basic Hatha Yoga class is designed for students 50 years of age (and older). Yoga focuses on building strength, flexibility, balance, coordination, range of motion and circulation. Please bring an exercise mat and yoga strap to each class. Students should not eat two hours before class.

Location: Yoga in the Hills Studio

39463	Tue	Sep 10–Oct 29	50+	10:15–11:25 a.m.

AeroYoga

8 Weeks, $79

AeroYoga is an aerobic style of Hatha Yoga. This exhilarating class will provide you with a great, well-rounded workout.

Location: Yoga in the Hills Studio

39428	Sat	Sep 14–Nov 02	18+	8:30–9:40 a.m.