



Serenity Stream

YOGA & WELLNESS SPA

Schedule of Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am						8:00 – 9:00 Tai Chi (Sifu Nitch)	
8:30 am						Personalized Yoga Intro Session – Private Room (Heather)	
9:00 am						9:00 – 10:15 Hatha Yoga (Heather)	
9:30 am	9:30 -10:45 Hatha Yoga (Sarah)	9:30 - 10:45 Yoga 101 (Marion)	9:30 - 10:45 Vinyasa Flow Yoga (Ellen)	9:30 – 10:45 Hatha Yoga (Sarah)	9:30 – 10:45 Hatha Yoga (Ellen)	_____	_____
10:00 am	_____	_____	_____	_____	_____	_____	_____
10:30 am	_____	_____	_____	_____	_____	10:30 – 11:45 Fit Yoga (Heather)	
11:00 am							11:00 – 12:15 Hatha Yoga (Sarah)
12:00 pm							_____
5:00 pm							5:00-6:15 Power Yoga (Kerry)
5:30 pm	5:30 - 6:45 Vinyasa Flow Yoga (Tiffany)						_____
5:45 pm	_____		5:45 – 6:45 Power Hour \$12 (Tiffany)	_____			_____
6:00 pm	_____	6:00 - 7:15 Hot Vinyasa Flow (Theresa)	_____	6:00 – 7:15 Yoga 101 (Dina)			_____
6:30 pm	_____	_____	Personalized Yoga Intro Session (Sherry)	_____			
7:00 pm	7:00 – 8:15 Hatha Yoga (Ellen)	_____	7:00 – 8:15 Therapeutic Yoga (Sherry)	_____			
7:15 pm	_____	7:15 -8:30 Hot Power Yoga (Kerry)	_____	7:15 – 8:30 Pilates (Kerry)			

Upcoming Workshops

- Extreme Get Fit – 5 Week Workshop with Abby 01/28/10 – 02/25/10 (Thursday)
- Yin Yoga/Deep Stretch with Tiffany 2/10/10- 5:30-6:45pm (Wednesday)
- Balanced Body=Balanced Mind with Marion 2/27/10- 2-4pm (Saturday)
- Ayurveda- A Sensory Pathway to the Soul with Denise 3/20/10- 1-4pm (Saturday)

*Don't see your time slot?
Did you know we offer **small group and private sessions?**
Give us a call at 813-368-6546.
We'll help you on your journey to stress-free living!*



Class Descriptions
11954 Boyette Road
Riverview, Florida 33569

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813-368-6546

www.serenitystream.com

30 Minute Personalized Intro Session

This free session is for first time visitors to the studio. Join us for this 1/2 hour info session to help you personalize your wellness journey with the options at Serenity Stream. You will be introduced to the teacher, to our schedule, and the benefits of our classes and how they can help you with your personal goals. All new students are required to go through these classes. Take the regular class immediately following for only \$5.

Yoga 101

This class is geared for people brand new to yoga. It will give you a basic introduction to take other classes with ease.

Hatha Yoga

Experience full body relaxation with classic yoga postures, breathing, and mind/body awareness. This class is great for all levels including beginners to the intermediate student. Respect your body and only do what you can do. It's a great way to 'reboot' your body and mind—to have more clarity, focus, and flexibility.

Gentle Yoga

This class focuses on relaxation, stress reduction, and breathing techniques. It is conducted at a slower pace to allow those of all ages, sizes, and ability levels to gain from Yoga's many benefits.

Vinyasa Flow Yoga

The Yoga postures flow in carefully balanced sequences. The breath leads the way. The form, movement, and breath are integrated into an art known as Vinyasa.

Power Yoga

Power Yoga is Vinyasa flow yoga kicked up a notch. It's a more vigorous, fitness-based class. Sun Salutations are the foundation of this class; therefore, you will get an overall workout in body and mind. This class emphasizes building lots of strength and endurance as well as flexibility and cardio. The participant should have a normal fitness or yoga routine for this class.

Tai Chi

Tai Chi (Yang styles) produces a low impact aerobic workout that is gentle on the body. Tai Chi provides many health benefits for both the mind and body and when practiced regularly most individuals are rewarded with better overall health.

Pilates

Pilates or Physical Mind Method is a series of nonimpact exercises designed by Joseph Pilates to develop strength, flexibility, balance, and inner awareness. Pilates is a form of strength and flexibility training that can be done by someone at any level of fitness. The exercises can also be adapted for people who have limited movement or who use wheel chairs. It is an engaging exercise program that people want to do. Pilates promotes a feeling of physical and mental well-being and also develops inner physical awareness.

Hot Yoga Nights

The temperature of the Yoga room is heated up closer to the body's own temperature thus accelerating improvement of many of the benefits of your regular Yoga practice.

Fit Yoga

Not ready for power yoga but really looking for a workout or Power yoga folks want an overall workout? Try Fit Yoga, our new full body fitness class blended with the perfect touch of yoga. Build strength through resistance and function training, lose inches with cardio blasts and increase endurance in each yoga pose. Our very own certified personal trainer and registered yoga teacher will help you reach your goals then guide you through asanas to avoid injury. Join the first class around to combine exercise and yoga into one perfect Balance! Proper exercise shoes are required. 5 -lb free weights are optional. This class is good for the novice or the experienced. Join us!