

emerge

A Yoga Oasis Within The Sports Club of West Bloomfield

248-626-9880

11/2/26

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MONDAY 2		Class	Instructor
9:15-10:15am		Hatha Yoga	Meenakshi
10:30-11:30am		Healthy Backs	Deb
10:30-11:30am	*Fee Required*	Pilates Mat $$	Meenakshi
4:45-5:45pm		Slow Flow Vinyasa	Catherine
6:00-7:00pm		Hot Vinyasa	Catherine

TUESDAY 3	Class	Instructor
8:15-9:10am	Precision Barre'	Deb
9:30-10:30am	Hot Vinyasa	Catherine
9:30-10:30am	Gentle Flow	Polina
5:30 - 6:30pm	Hatha Flow	Meenakshi
6:45 - 7:45pm	Yin Yoga	Meenakshi

WEDNESDAY 4	Class	Instructor
5:45-6:40am	Precision Barre'	Deb
9:00-10:00am	Slow Flow Vinyasa	Kelsey
10:00-11:00am	Pilates Sculpt	Deb
12:00-1:00 pm	Healthy Backs	Andy
5:30-6:30pm	Gentle Flow	Polina
6:00-7:00pm	Hot Vinyasa	Heather

*** Substitute*

(IR) - The Infra Red will be on for this class

THURSDAY 5		Class	Instructor
8:15-9:10am		Precision Barre'	Deb
9:30-10:30am		Gentle Flow	Anjali
10:45-11:45am	*Fee Required*	Pilates Mat $$	Meenakshi
4:30-5:30pm		Restoration at the Wall	Deb
6:00-7:00pm		Yin Yoga	Meenakshi

FRIDAY 6	Class	Instructor
8:00-9:00am	Slow Flow Vinyasa	Deb
9:30-10:30am	Hot Vinyasa	Kaytee
9:15-10:15am	Foundation Strength & Flexibility	Deb
12:15-1:15pm	Strength in Motion	Barbara

SATURDAY 7	Class	Instructor
9:30-10:30am	Hot Vinyasa	Heather
9:30-10:15am	Express Slow Flow	Deb**
10:30-11:30am	Healthy Backs	Andy
10:45-11:45am	Yin for Healthy Backs (IR)	Heather

(IR) - The Infra Red will be on for this class

SUNDAY 8	Class	Instructor
7:45-9:00am	Ashtanga Flow	Heather**
9:00-10:00am	Cardio Barre	Andy
10:15-11:15am	Healthy Backs	Andy
10:30-11:30am	Hot Vinyasa	Catherine
3:00-4:00pm	Gentle Flow	Meenakshi

Welcome to emerge yoga

The Staff at The Sports Club of West Bloomfield welcomes you to our Yoga Oasis. We have two studios to round out our program, the Emerge Studio and the first, and only, far infra-red heated studio in the area, Emerge Power. To help us create a special experience for all practitioners, please follow this short list of rules:

* Arrive on time and if you must leave early, please do so before savasana.
* Shoes are not permitted in the studios.
* No cell phones, even on silent the light is distracting to others' practice.
* Allow previous class to leave the room before you enter.
* Please observe Noble Silence while waiting at the door and while waiting in the studio for class to begin .

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rre, Postural Strength & Conditioning 75-78
Healthy Backs - 78-82
entle Flow, Hatha, Wall Classes 80-85
Vinyasa, Hatha Flow 82-88

Gentle Yoga

Hatha Yoga - Hatha Yoga means the union or the harmony between opposite forces. Hatha yoga is not just exercise. Understanding the mechanics of the body, creating a certain atmosphere and then using the movement and postures to drive your energy in specific directions is what Hatha Yoga is about. If you can CONSCIOUSLY get your body into different postures, you can elevate your CONSCIOUSNESS. Expect to be taught; what to do, how to do it and why do we do it.

Healthy Backs - The perfect class for beginners or experienced yogi, looking to stretch and strengthen the spine in all 6 directions. You may not work up a sweat in this class, but you will leave feeling longer, looser and more relaxed.

Restore at the Wall - All asanas are performed at the wall. In this class the wall is used to provide greater stability, to nurture a greater opening and to reinforce alignment principles. Although this class is held in the hot studio, the far infra-red system may not be used.

Yin Yoga - This practice targets the more "yin" parts of the body. Specifically the bones, ligaments and connective tissue of the hips, low back, pelvis and shoulders. Unlike muscles, which are more "yang", which benefit from the repetition and movements found in an active practice, these tissues need to be addressed through long holds in a calm and relaxed environment.

Hatha Flow - In hatha flow we learn the hatha yogasana (posture/seat), and the foundations of transition between two postures. There will be repetitions to train the body to move with skill, intention and grace and to improve the quality of movement. This class is perfect for beginners and intermediate level students. If you want to learn HOW TO FLOW. This is a class for you. There won't just be instructions but also teaching. If you want to make your vinyasa practice better, this class will be very helpful.

Vinyasa

Vinyasa means the synchronization of breath and movement. Vinyasa classes may be more appropriate for the intermediate yogi or the physically active, the classes are more vigorous and athletic. All classes involve linking postures to the flow of one's breath and students are encouraged to move at a pace of one breath/one movement. Classes start with sun salutations to warm up and progress through a sequence of postures of "flows". A Vinyasa class will include: forward folds, back bends, side bend twists, core strengthening, inversions and balancing poses. Class will always conclude with deep stretches and then savasana!

Hot Vinyasa - Get your "flow" on and experience all of the health benefits of far infra - red heat, including: immune function improvement, increased blood flow, healthier cells and an increased breakdown of fatty acids. Please hydrate before, during and after class.

Slow Flow Vinyasa - A slower version of a Vinyasa practice with attention to alignment and technique. Slow Flow has all components of a Vinyasa practice, including, flowing on your own, inversions and balancing poses. The room will be cooler, the flows, less complex and the holds are 3-5 breaths.

Express Slow Flow - A shorter version of a Slow Flow Vinyasa class, for those of you with a packed agenda! You will progress to the flows a little faster and get to your deep stretching a little sooner. No worries, you will still get your full savasana!

Gentle Flow - This class is suitable for all participants, regardless of experience or fitness level. Start with back-strengthening poses and stretches that help you loosen up. We'll guide you through standing poses and core exercises, followed by a relaxing Yin-based cool-down and then, savasana. This class is perfect for those who want a medium-level difficulty, somewhere between a Healthy Backs class and a Slow Flow Vinyasa.

Strengthening and Toning

Precision Barre - This class uses one's own body weight and unique equipment while integrating the most effective target toning techniques. This allows the entire body to work evenly, creating greater flexibility, strength & definition. This is a workout for everybody.

Cardio Barre - What makes this Barre class a Cardio class? We keep the movements dance based and big! Expect 2nd position grande plie`s, squats and other dance based movements at the barre. Your upper body will consist of push-up variations at the barre and combinations using small dumbbells. Before you start on floor work you will do lower and upper body combinations, with no breaks! That why it's cardio! You will get a well deserved stretch at the end.

Strength & Flexibility - Increase flexibility, range of motion and circulation with a combination of standing and mat exercises. Body weight work will strengthen your core and improve posture. Everyone will benefit from this invigorating head to toe workout!