

Yoga & Pilates on Broadway Schedule		
Monday	9:00 AM	VINYASA YOGA~Classes maintain awareness & focus on the breath while moving through a series of postures. 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. Instructor: Heidi Saunders. Levels 1, 2 & 3.
Tuesday	12:00 PM	YOGA STUDY GROUP~We are a group of resolute yoga practitioners who come together to practice yoga following along with DVD programs. Currently focusing on instructor Rodney Yee , other programs include Iyengar and Anusara instruction . Led by Students. Level 1 & 2.
	7:30 PM	FREE YOGA FOR THE COMMUNITY~ Because we believe that yoga benefits everyone, we welcome participation from everyone 12 years old and up. The holistic science of yoga, the development of a healthy mind and body, the stress reducing connection between pranayama (breath) and asanas (postures) and deep guided relaxation are some of the features of this class. Instructor: Lisa McKivergin or Karen Scott Levels 1 & 2.
Wednesday	6:00 AM	YOGA & PILATES BLEND~Develop core strength and flexibility by combining the two studies. We focus on proper form and movement through the various exercises. Core strength and balance will be improved which will lead to better posture alignment and an overall feeling of well-being. Instructor: Lynn Spichiger Levels 1, 2 & 3.
	9:00 AM	VINYASA YOGA~Classes maintain awareness & focus on the breath while moving through a series of postures. 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. Instructor: Heidi Saunders. Levels 1, 2 & 3.
Thursday	12:00 PM	YOGA STUDY GROUP~We are a group of resolute yoga practitioners who come together to practice yoga following along with DVD programs. Currently focusing on instructor Rodney Yee , other programs include Iyengar and Anusara instruction . Led by Students. Levels 1 & 2.
Saturday	8:00 AM	PILATES & FLEXIBILITY~Traditional Mat Pilates. we focus on proper form and movement through the various exercises. Core strength and balance will be improved which will lead to better posture alignment and an overall feeling of well-being. A great stress reliever! Instructor: Lynn Spichiger. Levels 1, 2 & 3.
	9:30 AM	YOGA ESCAPE~Get ready for a strenuous physical workout. An eclectic combination of traditional yoga postures offering an incredible body/mind workout. Class focus is on utilizing the breath, deep stretching and relaxation which results in stress reduction. This class mixes sweat with serenity so bring a towel. Best suited for students with moderate to experience fitness levels. Instructor: Lisa McKivergin or Karen Scott. Levels 2 & 3.
Sunday	8:00 AM	VINYASA YOGA~Classes maintain awareness & focus on the breath while moving through a series of postures. 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. Instructor: Heidi Saunders. Levels 1, 2 & 3.
	7:00 PM	GENTLE CANDLELIGHT YOGA~Rejuvenate your body and restore your mind in this candlelight flow class. We focus on moving through a series of yoga postures designed to stretch, strengthen and relax the body through mind-body-breath connections. Traditional postures are modified for the specific needs of pregnancy. Instructor: Karen Scott. Levels 1 & 2

Winter Restorative Workshop Monday, February 20 (President's Day) 6pm 8pm

Give yourself a break from winter to deeply relax your mind and body through a series of restorative yoga postures designed to melt away physical and mental tension and lift your spirits. Experience this easy method of self care as you learn ways to use a variety of props to do restorative yoga at home. No yoga experience is necessary; however we will be on the floor.

Lynn Spichiger

Lynn has her AFAA Primary Instructor Certification, SaraCity Mat Pilates Certification and NESTA personal Training Certification. She also has a Bachelor of Sciences degree from Rutgers University. Lynn is currently working towards her Yoga Alliance Certification.

Lisa McKivergin

Lisa McKivergin has studied yoga with Rodney Yee, Tim Miller and Cintra Brown. Lisa owns the studio which she created for the benefit of the community. Lisa has her certificate in Thai Massage and Reiki 1. Lisa is a local Realtor and has been practicing yoga for 12 years & teaching for 4 years.

Karen Scott

Karen is a Physics teacher in Columbus, where she created the Yoga for Fitness and Wellness program to enable high school students to experience the benefits of a daily yoga practice. Karen earned her 200-hour Registered Yoga Teacher certification through YogaFit and is working toward her RYT-500 certification. She has studied with Rodney Lee and others. Karen passionately practices yoga on a daily basis and enjoys sharing yoga with others.

Heidi Saunders

Heidi has studied with many renowned master yoga teachers such as Ana Forrest, Richard Rosen, Gary Kraftsow and Todd Norian. Heidi earned her 200-hour registered yoga teacher certification at Balanced Yoga in Clintonville, Ohio. A busy mom of two children, Heidi loves the opportunity yoga provides to slow down, clear her mind and balance her desire for strength and length.

www.YogaOnBroadway.com