



# Yoga Classes

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
	9-10 AM Root to Rise With Dinah		9-10 AM Yoga For Climbers With Andie	9-10 AM Root to Rise With M'Lynn	9-10 AM Strong Foundation With M'Lynn	
12-1 PM Noon Flow With Kaolin		12-1 PM Noon Flow With Lori				1-2 PM Energizing Flow With Dinah
5-6 PM Yoga For Climbers With Andie						
	6-7 PM Evening Restore With Lori			6-7 PM Yoga For Climbers With Bill		

**Please ask a staff member for  
current pricing/deals**

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- ❖ **Root to Rise:** Start your day with intention. This morning class is crafted to bring participants into the day feeling grounded. Expect to start slowly and quietly, moving into the practice with increasing intensity to cultivate energy for the day.
- ❖ **Energizing Flow:** This multi-level morning practice is “challenge by choice,” offering opportunity to modify poses and intensity to fit your body’s needs in the moment. Expect the invitation to consistently move with the breath as you flow through the sequences.
- ❖ **A Strong Foundation:** This class is slower-paced and intended to set up newer yogis with a strong foundation. Form and alignment are important considerations in order to get the most out of your practice, as well as to avoid potential injury. Even the most experienced yogi must keep these in mind, and the slightest nuance can make a world of difference.
- ❖ **Yoga for Climbers:** Balance. Strength. Flexibility. Breath. Yoga compliments climbing beautifully-- whether approached as well-rounded training or a necessary element of personal health. A consistent yoga practice can cultivate mental focus in moments of chaos, and can aid in heightened awareness.
- ❖ **Noon Flow Class:** Take a moment in your day for self-care. This class is designed for folks to re-energize before taking on the afternoon. Offered over lunch, it provides the busy yogi with an opportunity to practice. Revitalize for longevity!
- ❖ **Evening Restore:** Wind down with a practice that invites depth and grounding. All levels encouraged.