

New to Yoga?

How do I get started: Please register before Taking class. If you have any issues, then come In 10 minutes prior and we can assist you. All The information is at www.yoganoho.com

Strict Late / No Show Policy: Out of the Respect for the students who are on time and In the class room we can only wait a few min. There is a \$5 late cancellation / no show fee For all memberships and for class passes, you will lose a class credit.

What is Far Infrared Heat? Far Infrared is pure radiate heat which is the cleanest heat source, 20% more detoxifying, anti-bacterial with hard- wood floors for the ultimate yoga experience in LA.

New to Yoga? If you are new to yoga start with non-heated gentle, kundalini, gentle flow, restorative and hot Yin classes. Bring a mat (we have a mat you can borrow) For your first time, water and a smile.

NEW STUDENT SPECIAL

1 Week Unlimited \$35
(must use in 7 consecutive days)

Pricing:

1 Class: \$28
1 Class (Kids Single) \$23
5 Class Pass: \$110 (\$22 per class)
10 Class Pass: \$200 (\$20 per class)
15 Class Pass: \$270 (\$18 per class)
Month Unlimited (Auto Pay \$148)
1 Month Unlimited: \$165

All Packages: There are no refunds, 6- month expiration and no refunds, holds, or transfers on memberships or class packages. You can share class packages. Contact us to set this up.

Contact Donna at
yoganohodonna@gmail.com

About Us

Yoga NoHo Center: We are the only studio in Los Angeles offering True Far Infrared Hot and Non-Heated traditional yoga classes (including specialty classes as Kundalini, Ashtanga and classic Hatha), sound baths, workshops, events, 200 & 300hr teacher training and international retreats.

Kami Yoga: We do have yoga for trade available. Please contact info@yoganoho.com

Our Classes: Enjoy over 35 classes a week, featuring Hatha, Kundalini, Vinyasa Flow, Gentle, Yin, Power, Restorative, Meditation, breath work and sound healing classes.

On Demand Video: Can't Make an in-person class? Take an On Demand Class for only \$4.95 a month or \$1.99 per class.

Wellness Services: For a complete wellness experience book a massage, chiropractic or holistic counseling session too.

Events & Workshops: We offer monthly holistic workshops (ecstatic dance, Ayurveda, essential oils and more) and special events with empowering experts.

Private & Corporate Yoga: We offer private yoga packages to deepen your study. Contact Donna Davis yoganohodonna@gmail.com for more details. **Corporate Yoga Events:** We can create a special yoga party for your company. yoganohodonna@gmail.com

**200hr Teacher Training
Apply for Scholarships 2024**

We always fill up, so sign up now

Email: yoganohodonna@gmail.com

Yoga NoHo Center
live, love, and inspire others!

New Fall Schedule
New Student Information
Classes, Events, Pricing



Yoga NoHo Center 5257
Vineland Avenue
www.yoganoho.com
818-761-1705



Have a Question?
For Faster Response
Please Email us
info@yoganoho.com

Class Descriptions

Hatha Yoga: Hatha yoga classes include breath, movement, mantra and mudra. All of our classes have a foundation of Hatha which can be a vast variation. **Our Teachers & Class Levels: Our philosophy is old school with a modern flair.** We have passionate teachers who teach from the heart with a lot of knowledge. We don't believe in a script for our classes because each class is a unique experience with our amazing teachers. Our teachers offer modifications to assist all levels of practitioners in a class together.

Hot Classes (103*): We offer Flow, Gentle, Gentle Flow, Power and Yin Classes. They are the same structure as our non-heated classes but conducted in our state of the art **Far Infrared Heated Room** for the optimal detox experience! Please start with our hot yin or hot gentle when starting a hot yoga practice. **The ultimate Clean and Anti- Bacterial Space with hardwood floors to practice your hot yoga!**

Classic Hatha Class: Great for all-levels and beginners which focus on alignment (holding postures a little longer).

Gentle Yoga / Gentle Flow: Gently deepen your alignment with breath and some flow. Perfect for the beginner.

Vinyasa Flow: This class links breath with movement creating a smart Flow. Some inversions and arm balances. Some yoga experience suggested for these classes.

Power Yoga: Power yoga is an athletic approach to yoga. All levels are welcomed, but some yoga experience suggested.

Kundalini Yoga: Focus on deep breath work, repetitive movement, sound healing, and meditation. Perfect for beginners and all levels to fire up your whole body.

Yin Yoga: Hold Yin postures to exercise the bones and the joints. An all- levels class for a deep stretch, strength and flexibility. **Vin / Yin:** The perfect blend of an all levels flow then complete your class with deep Yin postures.

Restorative: Complete relaxation while opening the connective tissue. Rejuvenate and relax your mind, body and soul.

Sound Bath/ Breathwork: Tap into your deep breath techniques, then surrender into deep Sound Healing with live instruments for optimal relaxation. Every Wednesday Night.

Ashtanga Short Form: Ashtanga is a set sequence of movements to deepen your practice. The short form is a perfect way to start your day (all levels).

Class Schedule

Monday

7:30-8:30am: Hot Gentle
7:30-8:40am: Gentle Flow
9:00-10:00am: Hot Vin/Yin (flow & deep stretch)
10:00-11:15am: Kundalini & Gong Meditation
10:30-11:30am: Hot Gentle Flow
12:00-1:00pm: Hot Gentle Flow
4:30-5:30pm: Hot Vin / Yin (flow with deep stretch)
6:00-7:10pm: All Level Candlelight Flow
6:00-7:00pm: Hot All Level Flow(candlelight)
7:30-8:45pm: Yin/Restorative (stretch & restore)
7:30-8:30pm: Hot Yin (deep stretch)

Tuesday

7:30-8:15am: Ashtanga (Short Form all levels)
7:30-8:30am: Hot Gentle Flow
9:00-10:00am: Hot Yoga Sculpt (detailed alignment)
10:00-11:15am: Gentle Flow
10:30-11:30am: Hot Vin/Yin (flow & deep stretch)
12:00-1:00pm: All Levels Lunch Time Flow
4:30-5:40pm: Vin/ Yin (flow with deep stretch)
4:30-5:30pm: Hot Gentle Flow
6:00-7:15pm: Vinyasa (with deep alignment)
6:00-7:00pm: Hot Gentle Flow
7:30-8:30pm: Hot Vinyasa Flow (Candlelight)
7:30-8:45pm: Gentle Flow (candlelight)

Wednesday

7:30-8:40am: Gentle Flow
7:30-8:30am: Hot Vin / Yin (flow with deep stretch)
9:00-10:00am: Hot Vin/Yin (flow & deep stretch)
10:00-11:15am: Kundalini & Gong Meditation
10:30-11:30am: Hot Gentle Flow
12:00-1:00pm: Hot Gentle Flow
4:30-5:30pm: Hot Vin / Yin (flow with deep stretch)
6:00-7:10pm: All Level Flow (candlelight)
6:00-7:00pm: Hot Vinyasa Flow
7:30-8:45pm: Sound Bath & Meditation
7:30-8:30pm: Hot Yin (deep stretch)

Thursday

7:30-8:40am: Ashtanga (Short Form all levels)
7:30-8:30am: Hot Gentle Flow
9:00-10:00am: Hot Yoga Sculpt (with detailed alignment)
10:00-11:15am: Gentle Flow (all levels)
10:30-11:30am: Hot Vin/Yin (flow & deep stretch)
12:00-1:00pm: All Levels Lunch Time Flow
4:30-5:30pm: Hot Gentle Flow
4:30-5:45pm: Vin / Yin (Flow with deep stretch)
6:00-7:15pm: Vinyasa (with deep alignment)
6:00-7:00pm: Hot Gentle Flow
7:30-8:30pm: Hot Vinyasa Flow (candlelight)
7:30-8:45pm: Gentle Flow (candlelight)

Friday

7:30-8:30am: Hot Gentle
7:30-8:40am: Gentle Flow (all levels)
9:00-10:00am: Hot Vin/Yin (flow & deep stretch)
10:00-11:15am: Gentle Flow
10:30-11:30am: Hot Gentle Flow
4:30-5:30pm: Hot All Levels Flow
6:00-7:00pm: Hot Gentle Flow
6:00-7:15pm: Restorative & Gong Meditation

Saturday

8:00-9:00am: Hot Gentle Flow
9:00-10:10am: Kundalini & Gong Meditation
9:30-10:30am: Hot All Levels Flow
10:30-11:45am: Gentle Flow (all levels)
11:00-12:00am: Hot Yin (deep stretch)

Sunday

8:00-9:00am: Hot Yin with Gentle Yoga
9:00-10:15am: Kundalini & Gong Meditation
9:30-10:30am: Hot Gentle Flow
10:30-11:45am: Vinyasa & Meditation
11:00-12:00pm: Hot Vinyasa Flow
Kirtan 7:00-8:30pm: **Last Sunday of Every Month**

Weekly& Monthly Sound Baths
Every Wednesday night (7:30pm) and
Special Sound Bath 1st Sunday every month

Yin Yoga Teacher Training Weekend
November 11/12 12:30 -6pm

Black Friday Cacao + Sound Ceremony
Please join us for this amazing ceremony.
November 24th 7pm

Bali Retreat 2024

Limited Space \$600 off
Sign up by November 30th!
Email us for info: info@yogano.com

200hr Teacher Training
Apply for Scholarships 2024
We always fill up so sign up now
Email: yogano.donna@gmail.com