

New to Yoga?

How do I get started: To enhance you're yoga experience we maintain limited space per class. Please pre-register and pre-pay for all classes. **We lock the doors during class so please be on time.**

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

What Classes Should I Start With?

Start with a gentle or gentle flow class, yin, restorative or kundalini. If you want to try the Far Infrared Heated class then start with the hot yin class.

What Should I Bring? A mat (we sell pro mats) water bottle (we have water for purchase or free filtered water) and a smile!

Etiquette: Please be on time and turn off your cell phones during class.

NEW STUDENT SPECIAL

**First Class \$10 and 50% off
Your First 5 class package!**

Pricing:

1 Class: \$23

5 Class Pass: \$95 (\$19 per class)

10 Class Pass: \$170 (\$17 per class)

20 Class Pass: \$300 (\$15 per class)

1 Month Unlimited: \$199

On Demand Yoga: \$4.95 monthly unlimited or \$1.99 per class rental!

Please Pre-register for class There is a \$5 fee for no show or late cancellation. If you have any issues, just show up 10 min before the class time and we can help you.

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

200 hr Teacher Training 2023

Scholarships Available Now

Please contact Donna Davis

Email: yoganohodonna@gmail.com

Yoga NoHo Center
live, love, and inspire others!

About us
Class Schedule
New to yoga info



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. **Yin / 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

Can't take class? Take a On Demand Video Class

Monday

7:30-8:30am: Hot Gentle
9:00-10:15am: Vinyasa Flow & Meditation
10:00-11:15am: Gentle Flow
10:30-11:30am: Hot Gentle Flow
4:30-5:30pm: Hot Yin / Yin Yoga
6:00-7:10pm: All Level Candlelight Flow
6:00-7:00Pm: Hot Vinyasa Flow(candlelight)
7:30-8:45pm: Yin (deep stretch) Restorative
7:30-8:30pm: Hot Yin Yoga

Tuesday

7:00-8:15: Ashtanga (Short Form)
7:30-8:30am: Hot Gentle Flow
10:00-11:15am: Gentle Flow
10:30-11:30am: Hot Vinyasa Flow
4:30-5:30pm: Hot Gentle Flow
6:00-7:15pm: Kundalini & Gong Meditation
6:00-7:00Pm: Hot Gentle Flow
7:30-8:30pm: Hot Vinyasa Flow
7:30-8:450pm: Candlelight Gentle Flow

Wednesday

7:30-8:30am: Hot Gentle Flow
9:00-10:15am: Vinyasa Flow & Meditation
10:00-11:15am: Gentle Flow
10:30-11:30am: Hot Gentle Flow
10:30-11:15am: Kundalini & Gong Meditation
4:30-5:30pm: Hot Yin / Yin
6:00-7:10pm: All Level Candlelight Flow
6:00-7:00Pm: Hot Vinyasa Flow
7:30-8:45pm: Sound Bath & Meditation
7:30-8:30pm: Hot Yin Yoga

Thursday

7:00-8:15am: Ashtanga (Short Form)
7:30-8:30am: Hot Gentle Flow
10:00-11:15am: Gentle Flow
10:30-11:30am: Hot Vinyasa Flow
4:30-5:30pm: Hot Gentle Flow
6:00-7:15pm: Kundalini & Gong Meditation
6:00-7:00Pm: Hot Gentle Flow
7:30-8:30pm: Hot Vinyasa Flow
7:30-8:450pm: Candlelight Gentle Flow

Friday

10:30-11:30am: Hot Gentle Flow
6:00-7:00pm: Hot Gentle Flow
6:00-7:15pm: Candlelight Restorative & Gong

Saturday

8:00-9:00am: Hot Gentle Flow
9:00-10:10am: Vinyasa Flow & Meditation
9:30-10:30am: Hot Vinyasa Flow
10:30-11:15am: Gentle Flow Yoga
11:00-12:00am: Hot Yin Yoga

Sunday

9:00-10:15am: Kundalini \$ Gong Meditation
9:30-10:30am: Hot Vinyasa Flow
10:30-11:15am: Vinyasa & Meditation

Weekly and Monthly Sound Baths

Every Wednesday night (7:30pm) and Sound Bath 1st Sunday of every month 6:30pm.

Upcoming Workshops (limited space)

Sign up on our website under events

Introduction to Ayurveda with Buay 11/12

200hr Teacher Training 2023

Scholarships Available Now

Apply For Fall Session, starts 9/9/2022

Email: yoganothonna@gmail.com

Have a Question about anything?

Email us

Email: info@yogano.com

Please be on time as we lock the doors

During all class sessions.

Can't take an In-studio Class?

Try an On Demand Yoga Classes

Only \$4.95 monthly unlimited! \$1.99 per video