

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
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. No sharing, holds, transfers or refunds on memberships or class packages. You are responsible for canceling all memberships. You can share class packages only. 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

200 & 300 hr Teacher Training 2023

Starts September 8th

Scholarships Are Now Available

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 Power Flow
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 Power Flow
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: Vinyasa (with deep alignment)
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, Kirtan

Every Wednesday night (7:30pm) and

Special Sound Bath 1st Sunday of every

Sept 3rd Oct 8th month 6:30pm.

Kirtan Last Sunday of Every Month!

Sept 24th Oct 29th 7:00pm

Restorative Yoga Intensive Workshop

with Karen Russell October 14th

Early bird discount of \$100

Learn to teach yourself and others how to have a complete restorative yoga practice. This amazing intensive is for all students and teachers.

Bali Retreat 2024

Limited Space

Email us for info: info@yoganoho.com

200hr & 300hr Teacher Training 2023

Only 2 Scholarships Left

Apply For Fall Session, starts 9/8/2022

Email: yoganohodonna@gmail.com

Have a Question about anything?

Email: info@yoganoho.com

Try an On Demand Yoga Classes

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