

## New to Yoga?

**How do I get started:** To enhance your yoga experience we maintain limited space per class. Please register on website [www.yoganoho.com](http://www.yoganoho.com).

**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 LA.

### 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 as we lock the doors during all classes and respect the students who are on time. Please turn off your cell phones too.

**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)  
1 Month Unlimited: \$148

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

**Late/No Show:** Please know if you cancel past 3 hours or do not show you will lose a class credit.

## 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](mailto: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](mailto:yoganohodonna@gmail.com) for more details. **Corporate Yoga Events:** We can create a special yoga party for your company. [yoganohodonna@gmail.com](mailto:yoganohodonna@gmail.com)

**200 hr Teacher Training 2023**

**2 Scholarships Left**

Please contact Donna Davis

Email: [yoganohodonna@gmail.com](mailto: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](http://www.yoganoho.com)  
818-761-1705



Have a Question?  
For Faster Response  
Please Email us  
[info@yoganoho.com](mailto: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

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

#### Monday

7:30-8:30am: Hot Gentle  
9:00-10:15am: Vinyasa Flow & Meditation  
10:30-11:30am: **Hot Gentle Flow**  
4:30-5:30pm: **Hot Vin / 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)  
7:30-8:30pm: Hot Yin Yoga

#### Tuesday

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: Vinyasa & 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  
10:30-11:30am: Hot Gentle Flow  
10:30-11:45am: Kundalini & Gong Meditation  
4:30-5:30pm: Hot Vin / 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: Vinyasa Flow & Meditation  
6:00-7:00Pm: Hot Gentle Flow  
7:30-8:30pm: Hot Vinyasa Flow  
7:30-8:450pm: Candlelight Gentle Flow

#### Friday

7:30-8:30am: Hot Gentle (starts 2/10)  
9:00-10:15am: Gentle Flow (starts 2/10)  
10:30-11:30am: Hot Gentle Flow  
4:30-5:30pm: Hot Gentle (starts 2/10)  
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  
10:30-11:45am: Gentle Flow Yoga  
11:00-12:00am: Hot Yin Yoga

#### Sunday

8:00-9:00am: Hot Yin (deep stretch) (starts 2/12)  
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 (starts 2/12)

### Weekly and Monthly Sound Baths

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

Ecstatic Dance 2/11 4pm

Kirtan Experience 2/25 6:30pm

### 1 Room left for Bali Retreat!

### 200hr Teacher Training 2023

#### 2 Scholarships Left!

Apply For Fall Session, starts 9/9/2022

Email: [yoganohodonna@gmail.com](mailto:yoganohodonna@gmail.com)

### Have a Question about anything?

Email us

Email: [info@yoganoho.com](mailto:info@yoganoho.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