

## 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](http://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 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](mailto: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](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)

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

**We always fill up, so sign up now**

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

Yoga NoHo Center  
*live, love, and inspire others!*

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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

### Monday

7:30-8:30am: Hot Gentle  
9:00-10:00am: Hot Vinyasa Flow  
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 Levels Flow (candlelight)  
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

6:00-7:00am: Hot Gentle Flow  
9:00-10:10am: Ashtanga (basic 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  
4:30-5:30pm: Hot All Levels Flow  
6:00-7:10pm: Vin / Yin Sound Healing Candlelight  
6:00-7:00pm: Hot Vin/Yin (flow with deep stretch)  
7:30-8:30pm: Hot Vinyasa Flow (Candlelight)  
7:30-8:45pm: Gentle Flow (candlelight)

### Wednesday

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 Yoga Sculpt (detailed alignment)  
7:30-8:45pm: Sound Bath & Meditation  
7:30-8:30pm: Hot Yin (deep stretch)

### Thursday

6:00-7:00am: Hot Gentle  
9:00-10:10am: Ashtanga (basic 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 All Levels Flow  
6:00-7:10pm: Vin / Yin Sound Healing Candlelight  
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 Flow  
9:00-10:00am: Hot Vinyasa Flow  
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

## Fiji Cultural Healing Retreat

Retreat in Paradise on the Beach

May 21<sup>st</sup>- 30<sup>th</sup> 2025

Must sign up by end of March  
(we have 1 bungalows left)

**Cacao Renewal Ceremony**  
**Saturday March 29<sup>th</sup> 6:30pm**  
**Sign up on our website**

**200hr Teacher Training**  
**Scholarships Available**  
**Sign up Now for Fall Session**  
**Will sell out...**

**For information and registration**  
Email: [yoganohodonna@gmail.com](mailto:yoganohodonna@gmail.com)