

# SMC Yoga Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Detox Yoga</i>	<i>12 Meridian Yoga</i>	<i>Qigong</i>	<i>12 Meridian Yoga</i>	<i>Vibration Yoga</i>	<i>12 Meridian Yoga</i>
9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	10:00 AM
5:30 PM		5:30 PM		5:30 PM	

**DETOX YOGA** - Detox Yoga restores the body's optimal blood circulation with deep intestinal exercises. Seventy percent of your blood resides in your intestines, and when the small and large intestines receive a workout, blood circulation in the body improves to increase warmth in the extremities.

This style of yoga also develops core strength and renews your energy while cleaning and oxygenating the entire system. Help your body repair itself from the heavy demands of a stressful life and nutrient-poor modern diet through a Detox Yoga session.

**12 MERIDIAN YOGA** - Twelve Meridian Yoga combines a series of stretching and strengthening exercises to open the twelve major meridian Ki (Qi) energy channels and 365 acupressure points in the body. This type of yoga improves blood circulation, increases flexibility, and achieves integration and balance between your physical, emotional, and mental faculties.

**KOREAN QIGONG** - Our Korean Qigong (DahnMuDo) class combines all the benefits of yoga, tai chi, martial arts, and meditation into one discipline. Improve your posture and increase your awareness and ability to use qi energy through a series of gentle postures and movements.

The word "qigong" combines two words rooted in Korean: "qi" is pronounced "khee" and is usually translated to mean the life force or vital energy that flows through all things in the universe; "gong," pronounced "gung," describes an accomplishment or skill that is cultivated through steady practice. Thus, qigong describes a mindfulness practice that cultivates and circulates qi energy in your body and mind for mental, emotional, and physical healing and awakening.

**VIBRATION YOGA** - Tap into your natural inner rhythm and healing power with vibrational movements that may include sounding, tapping, and organ dancing, in addition to classic yoga postures, breathing, and meditation. The latter part of this class generally incorporates some free movement and sounding.

<p><b><u>928.282.3600</u></b></p> <p>340 Jordan Road Sedona, AZ 86336</p>	<p>Mon-Fri: 7am-6pm Sat: 9am-2pm Sun: By Appointment</p>
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