



Shanti Yoga class descriptions

asana & meditation | A blend of various forms of Hatha Yoga that unite clear principles of alignment and energetic movement while focusing on greater levels of awareness through mind~body integration.

rise & flow | Salute the sun with a smile and gracefully work through early morning stiffness with a fluid sequence. This practice will energize your body and mind and prepare you to flow through your day with ease.

gentle yoga | Combines gentle postures, breathing, and meditation. Created for students who enjoy moving at a relaxed pace.

hatha yoga blend | A blend of various forms of Hatha Yoga which integrates classical asanas and core movements with a balanced ratio of standing, seated and supine poses. Classes focus on mindfulness and alignment as a means to build strength, balance and flexibility. Great cross-training for all recreational activities.

power vinyasa | Expect to find strength and fluidity through a strong, breath-driven flow. This all-levels practice cultivates focus, alignment, stamina and flexibility. Power Vinyasa classes feature an upbeat soundtrack, challenging sequences, heartfelt messages, and a sense of humor to inspire us as we move off of our mat and into the world.

Iyengar Yoga | This class will develop strength and stamina, flexibility and balance with the use of props, individual adjustments and precise instruction. Through a unique sequence of poses and attention to breath, the practice becomes a meditation in action and ultimately brings harmony to one's body and mind.

special sessions

Kum Nye Tibetan Yoga*

10 Thursdays: 2/1 - 4/5

\$20 drop in or \$175 for all 10 classes

To register, contact Jodi at 406.862.1885

A system of movements and breathing exercises based on traditional Tibetan healing practices for living in harmony. Tibetan Lama Tarthang Tulku introduced Kum Nye Yoga to the West to teach students how to relax the mind, open the senses, awaken the heart, and integrate the energies of body and mind. Effective for deepening meditation and awakening us into wholeness.

transformational life coaching sessions with Jodi

Life coaching sessions with Jodi Petlin embody an innovative and meaningful approach to personal growth and living more of your heart's desire. Jodi is a certified life and career coach and has an MA in Spiritual Psychology.

regular class fees

drop-ins	\$15
mat rental	\$2/class
5 class pass (valid for 3 months).....	\$70
10 class pass (valid for 3 months)	\$120
community class (punch pass not valid)	\$7
private yoga session	\$125
sunday yin/restoratives	\$25
life coaching session	\$125



yoga retreat in mexico

February 24 - March 3, 2018

See shantiyogamontana.com for details.

studio closed

Good Friday

Friday, March 30

Easter

Sunday, April 1

Memorial Day

Monday, May 28



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shanti yoga studio | jodi petlin



shantiyogamontana