

May 2021

Gaia Tree Yoga Shala

"Behold, my friends, the spring has come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love."

- Sitting Bull



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Gaia Tree Yoga Shala offers community classes that are donation-based offerings. We pride ourselves on providing an authentic, caring, inclusive yoga experience for all who attend.</p>						1
2 9am All-level Practice 11am Gentle Practice	3 6pm Intuitive Yoga w/ Lana Hiss	4 Private Party	5	6 6pm Yoga for Stiff & Sturdy	7	8
9 9am All-level Practice 11am Gentle Practice	10 6pm Intuitive Yoga w/ Lana Hiss	11 6pm Rest & Restore	12	13 6pm Yoga for Stiff & Sturdy	14	15
16 9am All-level Practice 11am Gentle Practice	17 6pm Intuitive Yoga w/ Lana Hiss	18 6pm Rest & Restore	19	20 6pm Yoga for Stiff & Sturdy	21 6pm Flowing to Calm w/ Sarah Stratton	22
23 9am All-level Practice 11am Gentle Practice	24 6pm Intuitive Yoga w/ Lana Hiss	25 6pm Rest & Restore		27 6pm Yoga for Stiff & Sturdy	28 6pm Flowing to Calm w/ Sarah Stratton	29
30 9am All-level Practice 11am Gentle Practice	31 6pm Intuitive Yoga w/ Lana Hiss	<p>For More Info: gaiatreeshala@gmail.com 970.623.4628</p>				

Class Descriptions:

Mondays @6pm: Intuitive Yoga with Lana Hiss

This class encourages the mind to release any thoughts of tension and allows our divine breath to guide us through a series of postures. We will be using movement to increase blood flow, lubricate the joints and strengthen the muscles. Intuitively, we can listen to what the body is communicating on how to create expansion, while experiencing moments of alignment and restoration.

Tuesdays @6pm: Rest & Restore

The body knows how to return to balance and optimal health. It is our ability to let go, relax, and trust the process that leads to healing, harmonizing, and a revitalization of our whole being. This class is a classic restorative class in which props are used to help the body passively engage in positions that help to detox organ systems, realign energy, and re-calibrate the nervous system. Come enjoy the deep peace of a well-constructed restorative class!

Thursdays @6pm: Yoga for the Stiff & Sturdy

Tension headaches? Hips and back so sore it keeps you from getting a good night's sleep? Chronically tight forearms, shoulders, neck? I feel ya! I am so excited to share a practice for the not-necessarily-into-yoga people out there that just need some relief from bodies that are constantly working too hard! Let's just breathe, relax, and get a little natural high off of releasing tension from the body, shall we?

Fridays @6pm: Flow to Calm with Sarah Stratton

An all levels class to close out the day. We will flow through some poses to clear the mind and release tension especially in the hips and shoulders, then finish class at a gentle pace promoting grounding and rest.

Sundays @9am: All Level Practice

An ALL-LEVELS practice to get the day started right! The class will include kriya, vinyasa and asana, pranayama. Set your intentions and set your day on the right path!

Sundays @11am: Gentle Practice

Come enjoy a relaxing class geared toward the beginner or any practitioner that wants to softly stretch and build strength. Great for injury recovery or just starting to get onto your mat.



Meet Elise:

Elise Mitchell, BS, E-RYT, TIYT is a Registered Yoga Teacher with Yoga Alliance, a member of International Association of Yoga Therapists, a trauma-informed yoga educator, and a national speaker for yoga in clinical treatment settings. Elise has studied with some of the most respected names in yoga, meditation, and nutrition including Durga Leela, Arun Deva, Srivatsa Ramaswami. She has been teaching yoga full time for the last 10 years in both public, private, and clinical settings. From her experience teaching youth in wilderness therapy, teaching in addiction recovery centers, and as a survivor of severe physical trauma, Elise has witnessed and believes passionately in an individual's ability to create sustainable health and profound personal transformation in their life. Elise brings her compassion and deep appreciation for Yoga to help facilitate such transformations.

Meet Sarah:

Sarah is a 15 year yoga student and trained as a teacher with Elise in 2016. She works and plays outside and loves the qualities of yoga that bring balance to the body, the mind and the positive effect practice has on her relationships and work. Her classes and teaching are influenced by Hatha and Ashtanga teachers, and very informed of yoga for athletes while including a restorative and gentle element. Sarah lives in Virgin and has taught a variety of classes in the community and is excited to share time together at the Shala!



Meet Lana:

Lana Hiss is a passionate yoga practitioner, a massage therapist, hiking guide and has just recently completed her 200hr yoga teacher training with Elise (Gayatri Yoga Academy). Her exuberance for life, in all its light and shadow, is infectious. She embodies the iconic "free spirit" and cares deeply for her fellow humans. Come experience her caring and inspired nature as she leads you through an intuitive breath and movement practice!