Yoga in the Hills is now offering yoga classes in two locations: Sports Center at Grijalva Park, 368 N. Prospect Ave., Orange, 92869 and Yoga in the Hills Studio, 7444 E. Chapman Ave., Orange 92869, (714) 289-2248

Introduction to Hatha Yoga

10 Weeks, $89

This class is designed for the absolute beginning yoga student or for those students who want to focus on proper alignment and form as they progress with their yoga practice. Proper breathing exercises will be introduced for stress as well. Students need to bring a yoga mat and should not eat two hours before class.

Location: Sports Center at Grijalva Park

35976	Wed	Sep 12–Nov 14	18+	7:45–8:55 p.m.

Stroller Strides®

6 Weeks, $79

Stroller Strides® is much more than just a stroll in the park. Stroller Strides is a total body fitness program that you can do with your baby. Class is taught by a certified and specially trained fitness instructor and includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Songs and activities designed to entertain and engage your baby are incorporated into your exercise regime. ALL fitness levels are welcome. Please bring water and a mat to class. No class will be held on 11/21/12 & 11/22/12.

Stroller Strides with Brook Friedrich–Morning (888) 577-0646
Location: Santiago Hills Park – Pavilion

36304	Tu/Th	Sep 11–Oct 18	18+	9:30–10:30 a.m.
36305	Tu/Th	Oct 23–Dec 04	18+	9:30–10:30 a.m.

Stroller Strides with Heather Gregson
Location: Hart Park Sports Fields

36641	M/W	Sep 10–Oct 17	18+	9:30–10:30 a.m.
36642	T/Th	Sep 11–Oct 18	18+	5:00–6:00 p.m.
36644	M/W	Oct 29–Dec 12	18+	9:30–10:30 a.m.
36643	T/Th	Oct 30–Dec 11	18+	5:00–6:00 p.m.

Power Yoga

10 Weeks, $89

This class is our most challenging yoga class set in a professional and serene yoga studio. Power Yoga consists of vinyasa flow, advanced poses and breathing exercises. Students must have prior yoga experience.

Location: Yoga in the Hills Studio

36210	Wed	Sep 12–Nov 14	18+	5:15–6:25 p.m.

Therapeutic Yoga

10 Weeks, $89

This Hatha Yoga class taught by a registered nurse is specifically designed for students with back pain, weight issues, and/or other medical issues who require more individualized attention and pose modifications. Please bring a yoga mat to class; students must be able to get up and down a mat without assistance. No class will be held on 11/11/12.

Location: Yoga in the Hills Studio

36681	Sun	Sep 16–Nov 25	18+	10:45–11:55 a.m.

Candlelight Hatha Yoga

10 Weeks, $89

This continuing Hatha Yoga class is infused with short segments of yoga wisdom and candlelight to deepen the yoga experience. It will provide a sense of calm and serenity to the end the day. Students need to bring a yoga mat and should not eat two hours prior to class.

Location: Yoga in the Hills Studio

35715	Mon	Sep 10–Nov 19	18+	6:30–7:40 p.m.

Hatha Yoga & Meditation

10 Weeks, $89

This Hatha Yoga class includes a 20-minute segment exploring different types of meditation techniques to help quiet the mind which is great for stress reduction. No class will be held on 10/08/12.

Location: Yoga in the Hills Studio

35924	Mon	Sep 10–Nov 19	18+	4:00–5:10 p.m.
35925	Wed	Sep 12–Nov 14	18+	4:00–5:10 p.m.

Hatha Yoga

10 Weeks, $89

In our quiet studio, your mind, body, and soul will find peace, as you increase your strength, flexibility, balance, and range of motion. Please bring a mat and yoga strap to class. We recommend not eating two hours prior to class. No class will be held on 10/08/12.

Location: Yoga in the Hills Studio

35914	Mon	Sep 10–Nov 19	18+	8:30–9:40 a.m.
35915	Mon	Sep 10–Nov 19	18+	5:15–6:25 p.m.
35916	Wed	Sep 12–Nov 14	18+	7:45–8:55 p.m.
35917	Fri	Sep 14–Nov 16	18+	6:00–7:10 p.m.
35918	Sat	Sep 15–Nov 17	18+	10:30–11:40 a.m.

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Continuing Hatha Yoga

10 Weeks, $89

This Hatha Yoga class which takes place in our tranquil studio in the hills, is for students with previous yoga experience who wish to deepen their yoga practice with stronger flow series and more advanced poses. Bring a mat and yoga strap to class. We recommend not eating two hours prior to class. No class will be held on 10/08/12 & 11/11/12.

Location: Yoga in the Hills Studio

36680	Mon	Sep 10–Nov 19	18+	9:45–10:55 a.m.
35749	Tue	Sep 11–Nov 13	18+	9:30–10:40 a.m.
35750	Tue	Sep 11–Nov 13	18+	5:15–6:25 p.m.
35754	Tue	Sep 11–Nov 13	18+	7:45–8:55 p.m.
35751	Wed	Sep 12–Nov 14	18+	8:30–9:40 a.m.
35752	Thu	Sep 13–Nov 15	18+	9:30–10:40 a.m.
35753	Sun	Sep 16–Nov 18	18+	9:30–10:40 a.m.

Adaptive Hatha Yoga

10 Weeks, $89

This Hatha Yoga class is designed to meet the needs of individuals with weight and medical issues, seniors as well as prenatal and postnatal mothers who require more individualized attention and modifications of poses. The instructor is a registered nurse who will include the use of restorative yoga poses during the class. Please bring an exercise mat and yoga strap to each class. Students should not eat two hours before class.

Location: Yoga in the Hills Studio

35390	Tue	Sep 11–Nov 13	18+	6:30–7:40 p.m.

Hatha Yoga–Alignment & Form

10 Weeks, $89

This yoga class which focuses on alignment and form is taught gradually to build confidence in your practice to safely enjoy yoga for the rest of your life. This class is beneficial for beginners, as well as advanced yoga practitioners. Students need to bring a yoga mat and should not eat two hours before class.

Location: Yoga in the Hills Studio

35922	Thu	Sep 13–Nov 15	18+	5:15–6:25 p.m.
35923	Fri	Sep 14–Nov 16	18+	8:30–9:40 a.m.

Yoga for Weight Control

10 Weeks, $89

This new Hatha Yoga class that focuses on posture and mental well-being will provide you with the natural weight management tools you need to help you control your weight. This class will be taught by a licensed psychotherapist who will infuse the class with stress reduction techniques. Please do not eat two hours before class and bring a mat.

Location: Yoga in the Hills Studio

36575	Wed	Sep 12–Nov 14	18+	9:45–10:55 a.m.

Core Yoga

10 Weeks, $89

This continuing Hatha Yoga class is fused with Core Pilates as it focuses on building core/abdominal strength. Class is taught by a yoga teacher who is also a Pilates teacher. Students need to bring a yoga mat and should not eat two hours before class.

Location: Yoga in the Hills Studio

35765	Wed	Sep 12–Nov 14	18+	6:30–7:40 p.m.

Baby Boomer Yoga

10 Weeks, $89

This basic Hatha Yoga class is designed for students 50 years of age (and older). Yoga focuses on building strength, flexibility, balance, coordination, range of motion and circulation. Please bring an exercise mat and yoga strap to each class. Students should not eat two hours before class.

Location: Yoga in the Hills Studio

35439	Tue	Sep 11–Nov 13	50+	10:45–11:55 a.m.
35442	Thu	Sep 13–Nov 15	50+	10:45–11:55 a.m.

Location: Sports Center at Grijalva Park

35440	Tue	Sep 11–Nov 13	50+	5:00–6:10 p.m.
35441	Thu	Sep 13–Nov 15	50+	7:00–8:10 p.m.

AeroYoga

10 Weeks, $89

AeroYoga is an aerobic style of Hatha Yoga. This exhilarating class will provide you with a great, well-rounded workout.

Location: Yoga in the Hills Studio

35394	Sat	Sep 15–Nov 17	18+	8:30–9:40 a.m.