

ANUSARA AT GOOD LIFE YOGA

At Good Life Yoga we honor and support all students who are on the path. Whether you are new to yoga or know your way around a mat, we have classes for you. We are a dedicated Anusara yoga studio and bring to you the alignment principles, philosophy, sequencing and fun that are part of this unique style of yoga. Our community has developed into a dedicated warm and wonderful group of yogis who celebrate each other's triumphs and challenges. We keep it real here and we love to laugh. Join us because it's all Good!

Amber



Good Life Yoga Regular Class Schedule

Monday

9:30 – 10:45 am Anusara Level 1
6:00 – 7:15 pm Anusara Level 1

Tuesday

9:30 – 11:00 am Anusara All Levels
6:30 – 7:45 pm Beginning Yoga

Wednesday

8:15 – 9:45 am Anusara Level 1/Level 2
10:00 – 11:15 am Anusara Level 1
6:00 – 7:30 pm Anusara Level 1/Level 2

Thursday

6:30 – 7:45 pm Beginning Yoga

Friday

8:15-9:15 am Yoga Support Classes
9:30 - 11:00 am Hatha All Levels

Saturday

10:00 – 11:15 am Anusara Level 1/Level 2

Anusara Level 1

For those who have had little or no previous yoga experience. Poses mostly from the Anusara yoga level 1 Syllabus.

Anusara Level 2

For those continuing their yoga journey. Have had some yoga and are ready for more challenging poses and contemplations. Poses from Anusara level 1 and 2 Syllabus.

Beginning Yoga

Slowly and gently, we cover the basic poses, modifications, history and philosophy of this ancient physical practice.

Yoga Support Classes

Support classes that target your upper body and core as well as your lower body's flexibility. Work in these key areas will enhance your ability to do more advanced poses.

Class Fees

Drop in class \$18.00
4 Class Intro Pass (new students) \$60.00

Purchase a Class Pass

5 passes \$80.00
10 passes \$140.00

Passes are nontransferable and expire six weeks from date of purchase. Good for all studio classes.

Register and Pay for Classes Online

Click the SCHEDULE tab at goodlifeyoga.com to register for classes and purchase class passes. Registration online is encouraged to reserve your space in the class that you want.

Please see our full schedule of classes and special events at goodlifeyoga.com

Amber Huttner



Amber Huttner is the owner of Good Life Yoga and is a highly trained and well-known teacher, certified in Anusara yoga in 2001. She brings a wealth of technical expertise along with humor, compassion and heart-felt instruction to her teaching. Her students benefit from her enormous enthusiasm for life and dedication to helping them laugh, learn, grow and appreciate their lives on every level.

Good Life Yoga
18285 Minnetonka Boulevard
Deephaven, MN 55391
952-913-6557
goodlifeyoga.com