




# 2010 Spring Yoga Class Schedule March 1 ~ May 28

MARCH			
MON	TUES	WEDS	THU
 Gentle 6:30 – 8 p	Mixed 9:30 - 11 a		<b>March 25</b> <b>INTRO TO</b> <b>YOGA</b> 6:30 – 8:30p
	Moderate 6:30 – 8 p	Gentle 6 – 7:30 p	

APRIL		
No Yoga Classes April 19 ~ 23		
MON	TUES	WEDS
 Gentle 6:30 – 8 p	Mixed 9:30 - 11 a	
	Moderate 6:30 – 8 p	Gentle 6 – 7:30 p

MAY			
No Yoga Classes May 31 ~ June 4			
MON	TUES	WEDS	THU
 Gentle 6:30 – 8 p	Mixed 9:30 - 11 a		<b>May 27</b> <b>INTRO TO</b> <b>YOGA</b> 6:30 – 8:30p
	Moderate 6:30 – 8 p	Gentle 6 – 7:30 p	

## ABOUT CLASSES

**GENTLE:** *open to those who have some yoga experience.* Increase flexibility, balance and vitality through stretching and postures done slowly and gently. Relaxing pranayamas are explored, alignment and listening to the body is emphasized.

**MIXED:** *open to those who have some yoga experience.* The class will address various levels of proficiency, and will adapt to student's needs.

**MODERATE:** *for people who want to deepen their yoga practice.* More advanced postures, pranayama and meditation techniques are introduced. Classes vary in intensity, and address various levels of proficiency. Students are expected to be able to monitor their energy and go at their own pace. Guidance is given for modifications.

**INTRO TO YOGA:** *for people new or interested in learning about yoga.* This special two-hour class provides an introduction to yogic breathing, gentle stretching and postures. **No experience or flexibility necessary. Registration required.**

**SMALL GROUP YOGA:** Celebrate a special occasion like a birthday, anniversary, upcoming wedding, or just get together with friends and do something that's fun, and good for you! \$80 per hour for up to 6 people. Additional guests \$10 each.

CLASS CARDS

NUMBER OF CLASSES	PRICE PER CLASS
1-3	\$15
4-7	\$14
8-11	\$13
12-15	\$12
16 - 20	\$11
<b>Intro to Yoga</b>	\$20
<b>Small Group Yoga</b>	\$80 ~ for up to 6 people

*Class Cards must be used during the session they are purchased for. Unused classes may not be carried over.*

**CLASSES BEGIN PROMPTLY AT START TIMES ~ NO LATE ARRIVALS**

**DROP-INS WELCOME IN GENTLE, MIXED & MODERATE CLASSES**