

CLASS SCHEDULE

July 1 – September 30, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - 10:00 am <i>Dynamic Fusion</i> Jill*	9:00 - 10:00 am <i>Kripalu</i> Aline	8:30 - 10:00 am <i>Dynamic Fusion</i> Debra*	9:00 - 10:00 am <i>Awakening Asana</i> Kathleen*	8:30 - 10:00 am <i>Dynamic Fusion</i> Debra*	8:30 - 10:00 am <i>Rockin' Vinyasa</i> Jennifer*	9:00 - 10:15 am <i>Dynamic Fusion</i> Debra*
10:15 - 11:30 am <i>Gentle Groove</i> Debra*	10:30 - 11:45 am <i>Dynamic Fusion</i> Dennis*	10:30 - 11:30 am <i>Mommy & Me</i> Aline	10:30 - 11:45 am <i>Dynamic Fusion</i> Dennis*	10:15 - 11:30 am <i>Gentle Groove</i> Debra*	9:00 - 10:00 am <i>Oneness Meditation</i> Cynthia	10:30 am - 12:00 pm <i>Rejuvenate & Restore</i> Debra*
12:00 - 1:15 pm <i>Dynamic Fusion</i> Sophia*	12:00 - 1:15 pm <i>Kundalini</i> Claire	12:00 - 1:15 pm <i>Dynamic Fusion</i> Daryl*	12:00 - 1:15 pm <i>Kundalini</i> Claire	12:00 - 1:00 pm <i>Beginner's Bliss</i> Devi*	10:15 - 11:30 am <i>Awakening Asana</i> Jennifer*	
			4:15 - 5:15 pm <i>Hoop Dance</i> Kristen			
5:30 - 6:45 pm <i>Prana Flow</i> Michelle	5:30 - 6:45 pm <i>Rockin' Vinyasa</i> Lisette*	5:30 - 6:45 pm <i>Jivamukti</i> Kristen	5:30 - 6:45 pm <i>Rockin' Vinyasa</i> Jennifer*	5:30 - 6:30 pm <i>Community</i> Andrew*		
7:00 - 8:30 pm <i>Acro Yoga</i> Michelle	7:00 - 8:00 pm <i>Beginner's Bliss</i> Debra*	7:00 - 8:15 pm <i>Svaroopa®</i> Lakshmi Grace	7:00 - 8:00 pm <i>Beginner's Bliss</i> Debra*			

*These teachers and classes are inspired by the style of Anusara® Yoga.

BEGINNER | ALL LEVELS

REJUVENATE & RESTORE – Mild pace of restorative poses gently relieves tension.

SVAROOPA – Focus on alignment, props, and adjustments. Relieves deep spinal tension.

GENTLE GROOVE – Therapeutic and supportive flow of modified poses.

BEGINNER'S BLISS

Easy pace of basic poses.

KRIPALU – Emphasis on compassion, meditation, and physical healing.

AWAKENING ASANA

Moderate pace of level 1 poses.

INTERMEDIATE | ADVANCED

DYNAMIC FUSION

Energizing fusion of level 1-2 poses.

PRANA FLOW *Inspired by Shiva Rea*

Prana guides expansion through continuous waves of postures.

ROCKIN' VINYASA

Playful and challenging level 1-2 flow.

JIVAMUKTI

Challenging vinyasa integrates music, meditation, devotion & more.

SPECIAL OFFERINGS

ONENESS MEDITATION – Meditation, breath work, & oneness blessing balances mind /body/spirit.

KUNDALINI – Sets of postures with meditative focus, breath work, and mantra.

ACRO YOGA – Invigorating asana, playful partner flow, flying & thai massage.

HOOPDANCE – Cultivate mind/body connection. Workout, meditate and play in the circle.

MOMMY/DADDY & ME – Stimulates coordination and fun for ages 3-6.

COMMUNITY – Donation based all levels class

INVITE YOUR FRIENDS TO PLAY!

Receive a 10% discount coupon when you refer a friend.

NEW STUDENTS

- First class for only \$10.
- 10% discount on first package.
- 10% discount on first boutique purchase.

DROP IN	\$17	UNLIMITED MONTHLY AUTO	\$150
5 CLASS PASS	\$75	1 MONTH UNLIMITED	\$160
10 CLASSES	\$140	3 MONTH UNLIMITED	\$450
20 CLASS PASS	\$260	6 MONTH UNLIMITED	\$850
See website for terms.		ANNUAL UNLIMITED	\$1,600



Teenagers, seniors (65+), students & military receive 20% discount on drop-in and 10-class series. Unlimited Members receive 20% discount on all clothing (excluding special sales).