

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.

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|------------------------|-------|------------------------|---------|
| 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).