

Schedule effective for February 1 – March 28th 2010

Please check the website and in the studio for updates or changes

*****Please note there must be at least 3 participants in the drop in classes for the class to run. If there are not enough students the class will be cancelled.*


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAY CLASSES	DAY CLASSES	DAY CLASSES	DAY CLASSES	DAY CLASSES	DAY CLASSES
		Rise & Shine drop in Feb 3 – Mar 24 6:00-7:00 am Melanie ***Revised***		Rise & Shine drop in 6:00-7:00 am Melanie	Ashtanga level 1-2 drop in 9:30- 11:00 am Dan
	Hatha Yoga drop in Feb 2 – Mar 23 1:00-2:30pm Melanie				Family Ashtanga Pre-registered TBA
EVENING CLASSES	EVENING CLASSES	EVENING CLASSES	EVENING CLASSES	EVENING CLASSES	SATURDAY AFTERNOON
			Akhanda drop in 4:45 to 5:45 pm Melanie	Vinyasa flow drop in 5:45 to 6:45 pm Melanie	
Beginner Ashtanga drop-in 6:00-7:15 pm Dan	Hatha Yoga drop in 6:00 – 7:30 pm Melanie ***Revised***	Pre-Natal yoga Pre-registered 6:00-7:15 pm Feb 3 – Mar 24 \$120 Serena	Beginner Ashtanga drop in 6:00-7:15 Dan		
Ashtanga Level 1 drop in 7:30 - 9:00 pm Dan	Restorative Yoga drop in 7:45 – 9pm Nicole	Yoga flow drop in 7:30-9:00pm Serena	Ashtanga drop in Level 1-2 7:30-9:00pm Dan		


Drop in **\$14.00**


1 month unlimited **\$ 110.00**



10 pass punch card **\$120.00** good for all drop in classes valid for 3 months



Classes are rated at intensity levels by this symbol 

 **Hatha (Gentle) Yoga**- Involves basic yoga poses, breathe work, and meditation. Perfect for those who are looking for a slower paced class with emphasis on gentle stretching, opening the body and relaxation.

 **Restorative Yoga** – This class consists of gentle stretches and supported resting postures to rest, restore, and renew the body. It is excellent for those looking for a very relaxing and meditative class, a great class for those in recovery or if you just need to unwind, let go and breathe.

 **Pre-Natal Yoga** - This class is for expectant mothers to help them adjust to the physical and mental demands of pregnancy, birth and motherhood. This class teaches gentle yoga poses to stretch, strengthen and relive discomfort in the body for birth and beyond.


  **Beginner Yoga Flow** - A version of Hatha yoga that is more aerobic than traditional Hatha, this class combines sun salutations with standing postures to connect breathe with movement, a great mix of stretching and strengthening.



  **Ashtanga Yoga**–This form of yoga focuses on constant movement from one pose to the next in a specific order, excellent for those who want a class that works and energizes the whole body. (Suitable for all levels but not suitable for those with limited mobility)

Beginner Ashtanga- For first timers and beginners. The fundamentals of Ashtanga yoga will be taught in slower paced class. Sun salutations and postures are broken down with a focus on alignment & breathing. Expect to get a sweat going.

Ashtanga Level 1-This active class covers the basics of Ashtanga yoga. Emphasis is placed on the strengthening the physical and mental aspects of the practice with continuing emphasis on alignment and breathing. A great mind and body workout, you will sweat.

Ashtanga Level 1-2- Building on the level 1 this class is perfect for those who want to learn new postures. During this class we work towards adding the remaining postures of primary series. This class will challenge you to keep moving forward in your practice & will promote opening the body in new ways.

 **Akhanda Yoga**- The intention for Akhanda Yoga is to offer holistic, yoga classes with an emphasis on the balanced sequencing of asana, pranayama, relaxation, mantra and meditation as well as discussions and readings on the yogic lifestyle and yoga philosophy. This style of yoga is great for beginners to intermediates levels. For more information go to www.worldyogafamily.com

  **Vinyasa Flow Yoga**- Vinyasa flow Yoga has its roots in Ashtanga Yoga. I tends to be less structured than Ashtanga and allows the instructor to alter sequences and assign poses in response to students' needs/ Vinyasa Flow Yoga is a fast-paced class with poses that encourage alignment, flexibility, balance, strength, and cardiovascular endurance.

Traditional Middle Eastern Dance (Belly Dancing)- Awaken your inner goddess with belly dancing, a great way to improve posture, tone muscles, strengthen your hips, back, and core while enhancing your grace. Appropriate for all fitness levels.