



Class Schedule April 1 - June 30, 2008

Classes are ongoing and pre-registration is not required

Day	Time	Class	Instructor
Monday	9:30 - 11:00am	Level 1-2	Dee
	11:30 - 12:45 pm	Mom & Baby	Mira
	12:00 - 1:30pm	Level 1-2	Paul
	6:00 - 7:15pm	Level 2	Dorie
	6:30 - 8:00pm	Prenatal	Kerry
	7:30 - 9:00pm	Level 1	Robyn
	8:15 - 9:15pm	Gentle	Amy
Tuesday	9:30 - 11:00am	Level 2	Michael
	12:00 - 1:30pm	Level 1-2	Michael
	6:30 - 8:00pm	Level 2	Robyn
	7:30 - 9:00pm	Level 1	Sharon
Wednesday	9:30 - 11:00am	Level 1-2	Dee
	11:15am - 12:45pm	Prenatal	Dee
	12:00 - 1:30pm	Level 1-2	Rachel
	6:00 - 7:15pm	Level 1	Dorie
	7:30 - 9:00pm	Level 2-3	Sharon
Thursday	9:30 - 11:00am	Level 2	Michael
	11:30am - 12:45pm	Mom & Baby	Sharon
	12:00 - 1:30pm	Level 1-2	Paul
	6:00 - 7:15pm	Level 1	Joie
	7:30 - 9:00pm	Level 1-2	Amy
Friday	9:30 - 11:00am	Level 1-2	Joie
	11:30 - 12:45pm	Gentle	Renee
	12:00 - 1:30pm	Level 1-2	Rachel
	5:00 - 6:30pm	Level 1-2	Jenny
Saturday	9:00 - 10:15am	Level 1	Amy
	10:00 - 11:30am	Level 2-3	Erin
	10:30am - 12:00pm	Level 1	Kerry
	12:00 - 1:30pm	Prenatal	Joie
	3:30 - 5:00pm	Level 1-2	Robyn
Sunday	9:00 - 10:30am	Level 1	Joie
	11:00am - 12:30pm	Level 2-3	Robyn
	12:00 - 1:30pm	Prenatal	Dee
	2:00 - 3:15pm	Level 1-2	Jenny
	5:30 - 7:00pm	Level 2	Sharon

Class Descriptions

Level 1

Appropriate for those who are newer to yoga, as well as students seeking a solid foundation in the basic poses. With a focus on breathing and body alignment, Level 1 classes emphasize developing strength, flexibility, and ease in the body, in order to quiet the mind. Yoga 101 or prior yoga experience recommended.

Level 2

For students ready to move beyond Level 1 classes, Level 2 continues to develop the foundational poses while introducing sun salutations, gentle backbends, and basic inversions.

Level 3

For more advanced practitioners, Level 3 classes include vigorous sun salutations and explore more challenging variations of poses, including inversions and backbends.

Gentle

Gentle yoga is wonderful for beginners and students seeking a more relaxed practice. The slower pace allows for increased emphasis on breathing and quieting of body and mind.

New to Yoga?

Yoga 101 is recommended for those just beginning yoga. It provides a solid foundation in the essentials poses, preparing students for Level 1 classes. Check our workshop listings for upcoming sessions.



Workshops and Events in April & May

Family Yoga with Mira Binzen

Friday, April 25 | 5:30 - 6:30pm
 \$20/pair, \$6 for each additional adult or child

Couples Thai Yoga Massage with Amy Steinwald

Saturday, April 26 | 3:00 - 5:00pm
 \$60/couple if registered April 23, \$70 thereafter

Itsy Bitsy Yoga® with Jeana Pietrus

6-week session: April 27 - June 8

Sundays | \$90 if registered by April 24, \$100 thereafter

Becoming Mothers Group

Sunday, April 27 | 2:30 - 4:00pm | Free

Midnight Yoga with Robyn Okrant

Live Music with Victor Sanders

Friday, May 2 | 10:30pm - Midnight | \$20

Free Intro to Yoga with Kerry Maiorca

Saturday, May 3 | 1:00 - 2:00pm | Free

Yoga and Aromatherapy with Joie Mucha

Sunday, May 4 | 2:30 - 4:00pm
 \$30 if registered May 1, \$35 thereafter

Yoga 101 with Robyn Okrant

4-week session: May 4 - May 25

Sundays | 3:30 - 5:00pm | \$50

Infant CPR & First Aid with Malik Turley

Sunday, May 4 | 4:30 - 6:30pm | \$65/family

Yoga 101 with Michael Faith

4-week session: May 5 - May 26

Mondays | 5:00 - 6:15pm | \$50

Yoga 101 with Sharon Walther

4-week session: May 6 - May 27

Tuesdays | 6:00 - 7:15pm | \$50

Family Yoga with Mira Binzen

Friday, May 9 | 5:30 - 6:30pm
 \$20/pair, \$6 for each additional adult or child

Align & Refine: Yoga at the Wall

Saturday, May 10 | 1:00 - 3:00pm
 \$30 if registered May 7, \$35 thereafter

Prenatal Belly Dancing with Malik Turley

3-week session: May 11 - May 25

Sundays | 4:30 - 6:00pm
 \$45 if registered by May 8, \$55 thereafter

Yarn Baby with Malik Turley

6-week session: May 13 - June 17

Tuesdays | 11:15 - 12:30pm
 \$75 if registered by May 10, \$90 thereafter

Mama Get Together

Tuesday, May 13 | 1:00 - 2:00pm | Free

The Art of Mindful Living with Michael Faith

4-week session: May 14 - June 4

Wednesdays | 6:30 - 8:00pm
 \$60 if registered by May 11, \$70 thereafter

Continuing Belly Dancing with Malik Turley

6-week session: May 14 - June 18

Wednesdays | 8:30 - 9:30pm
 \$75 if registered by May 11, \$90 thereafter

Breastfeeding Basics

Thursday, May 15 | 6:30 - 8:30pm | \$50/family

Homebirth Meetup Group

Sunday, May 18 | 2:30 - 4:00pm | Free

Becoming Mothers Group

Tuesday, May 20 | 1:00 - 2:30pm | Free

FREE Kids Yoga Trial Class with Mira Binzen

Wednesday, May 21 | 4:30 - 5:30pm (Ages 4 and up)

Becoming Mothers Group

Sunday, May 25 | 2:30 - 4:00pm | Free

Breastfeeding & The Working Mom

Thursday, May 29 | 6:30 - 8:30pm | \$50/family

Fees	
Single Class	\$16
5 Class Card	\$70
10 Class Card	\$130
20 Class Card	\$235
1 Month Unlimited	\$150
Private Lesson	
*One person-60 Min	\$75
*Two people-60 Min	\$90
*90 Min	\$100
Yoga Mat Rental	\$1
<p>Class Cards and 1 Month Unlimited packages are non-refundable and may not be applied towards store purchases, workshops, or other services. Class Cards expire one year from date of purchase.</p> <p>Give a loved one the gift of yoga! Our lovely gift certificates are available for any dollar amount. Contact us for more information.</p>	