

## April 2008 Yoga Class Schedule

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### CLASS PRICES:

| <u>PRENATAL YOGA</u>  |                | <u>GROUP YOGA</u>  |     | <u>FELDENKRAIS</u>  |  |
|---|----------------|--|-----|---|--|
| Geared specifically for Prenatal Students<br>Thursdays at 5:30pm<br><b>\$5/any class</b>  |                | 1 class/wk: \$50/month<br>2 classes/wk: \$90/month<br><b>\$15/Drop-in Fee</b><br><b>Trainee Class \$5</b><br>(Taught by a YTT Student) |     | <i>"Trust yourself to work out what is right for you."</i><br>- <a href="#">Moshe Feldenkrais</a><br><b>Private Sessions \$85</b> |  |
| <b>YOGA for SENIORS</b><br>\$15/CLASS<br><i>Classes to suit your needs!</i>   |                | <u>UNLIMITED CLASSES</u><br>\$125/ month/\$1500/ year  |     | <b>PRIVATE YOGA/PERSONAL JOURNEY SESSIONS w/Robin</b><br>\$25/half hour<br>\$50/hr or 10 for \$450                                |  |
| Monday  | 8:30-9:30 AM   | Beginner Yoga  | Apr | Ed Sipowicz   |  |
| Monday  | 10-11:00 AM    | Advanced Yoga  | Apr | Sandy Wolf  |  |
| Monday  | 4:30-5 PM      | Kid's Karate   | Apr | Matt Hoffman  |  |
| Monday  | 5:45-6:45 PM   | Trainee Yoga \$5   | Apr | Sharon Gifford  |  |
| Monday  | 7:00-8:00 PM   | Meditation   | Apr | Danielle McCoy  |  |
| Tuesday   | 9:30-10:30 AM  | Beginner Yoga  | Apr | Robin Anderson  |  |
| Tuesday   | 12-1:00 PM     | SENIORS Yoga   | Apr | Won DeLetis   |  |
| Tuesday   | 4:00-5:00 PM   | Feldenkrais-Rm. 3  | Apr | Neeru   |  |
| Tuesday   | 4:15-5:15 PM   | Beginner Yoga  | Apr | Sandy Wolf  |  |
| Tuesday   | 5:30-6:30 PM   | Feldenkrais-Rm. 3  | Apr | Neeru   |  |
| Tuesday   | 7:00-8:00 PM   | Beginner Yoga  | Apr | Robin Anderson  |  |
| Wednesday   | 10-11:00 AM    | Beginner Yoga  | Apr | Sandy Wolf  |  |
| Wednesday   | 4:30-5 PM      | Kid's Karate   | Apr | Matt Hoffman  |  |
| Wednesday   | 5:45-6:45 PM   | Beginner Yoga  | Apr | Cornelia Dinca  |  |
| Wednesday   | 7:00-8:00 PM   | Beginner Yoga-Rm.3   | Apr | Kristina Tiedke   |  |
| Wednesday   | 7:00-8:00 PM   | Ashtanga/POWER YOGA  | Apr | Robin Anderson  |  |
| Thursday  | 9:30-10:30 AM  | Beginner Yoga  | Apr | Robin Anderson  |  |
| Thursday  | 5:45-6:45 PM   | Prenatal Yoga \$5  | Apr | Sandy Wolf  |  |
| Thursday  | 7:00-8:00 PM   | Beginner Yoga  | Apr | Sandy Wolf  |  |
| Friday  | 9-10 AM        | Pilates/Yoga   | Apr | Won DeLetis   |  |
| Friday  | 10:30-11:30 AM | Intro to Advanced Yoga   | Apr | Robin Anderson  |  |
| Friday  | 6:00-7:00 PM   | Beginner Yoga  | Apr | Kristina Tiedke   |  |
| Saturday  | 6:00-7:00 AM   | Breathing for Walking-Rm.3   | Apr | Neeru   |  |
| Saturday  | 7:00-8:00 AM   | Breathing Series-Rm.3  | Apr | Neeru   |  |
| Saturday  | 8:00-9:00 AM   | Feldenkrais-Rm.3   | Apr | Neeru   |  |
| FELDENKRAIS: A way of working with the awareness of one's body to improve movement & enhance human functioning. Increases ease and range of motion, freeing the body of pain. |                |  |     |   |  |