

CLASS PRICES

Drop-in \$15

Five-Class Series \$65 (good for 60 days)

Ten-Class Series \$110 (good for 90 days)

All series are with one teacher. Cash or check only (payable to teacher).

Discounts available for seniors, military, and students. Inquire with individual instructor.

CLASS DESCRIPTIONS

BEGINNING: Fundamental poses and alignment principles for those brand new to yoga as well as continuing students wishing to practice at a more moderate pace.

BEGINNING/INTERMEDIATE: Multi-level classes taught in the Iyengar tradition with a focus on alignment in longer-held poses to develop strength, flexibility and balance.

VINYASA: Rigorous, flow-based practice with modifications offered for limitations and strengths. Prior Yoga experience recommended.

HATHA I: Movement sequences to create profound inner heat and clear breath. Drop-ins okay, but commitment to series and self-practice strongly recommended.

HATHA II: Intermediate level sequences: requires commitment to series and self-practice. No drop-ins please. To inquire or register contact Nancy at nancy@nancyoga.com.

LUNCHBOX: Mixed-level yoga classes for all experience levels.

HATHA FLOW: Links traditional yoga postures into a sequence of movements that flow with the breath. Suitable for all levels.

TAI CHI CHIH: A moving meditative practice designed to enhance balance, restore energy (CHI) and reduce stress.

YOGA FOR A CAUSE: Donation based, suitable for all levels. Proceeds distributed between local non-profits benefiting the community.

JANUARY - APRIL 2012

MON	8:45 to 10:00 am	Vinyasa	Cristin
MON	6:00 to 7:15 pm	All Levels	Nancy
TUE	8:45 to 10:00 am	Hatha Flow	Melanie
TUE	Noon to 1:00 pm	Lunchbox	Nancy
TUE	5:45 to 7:00 pm	Begin/Intermediate	Tony
TUE	7:15 to 8:30 pm	Vinyasa	Annabelle
WED	8:45 to 10:00 am	Vinyasa	Cristin
WED	Noon to 1:00 pm	Yoga for a Cause	Marcia
WED	6:00 to 7:30 pm	Begin/Intermediate	Marcia
THU	10:00 to 11:00 am	Tai Chi Chih	Valerie
THU	Noon to 1:15 pm	Hatha II*	Nancy
THU	4:00 to 5:15 pm	Hatha I	Nancy
THU	6:00 to 7:30 pm	Begin/Intermediate	Betsy
FRI	8:45 to 10:00 am	Hatha Flow	Melanie
FRI	Noon to 1:00 pm	Lunchbox	Marcia
SAT	8:45 to 9:45 am	Beginning	Marcia
SAT	10:00 to 11:30 am	Begin/Intermediate	Marcia
SUN	9:00 to 10:30 am	All Levels	Nancy
SUN	11:00 to 12:15 pm	Vinyasa	Cristin

** This class is for series students only. No drop-ins please*

No classes MLK Day, January 16

No regular classes President's Day Weekend, February 18-20

No classes Easter Sunday, April 8