



Schedule of classes

Spring 2010: March 16 – June 15

Monday

8:30a – 9:45a	Mixed Level	Kim Kemper
9:45a – 11:15a	Intermediate	Marguerite Henderson
12:00p– 12:45p	Lunchtime Express	Dion Boehm
6:30p – 8:00p	Mixed Level	Megan Goldbacher
6:00p - 8:30p	Yoga Coreografi/4** 5/10, 5/24, 6/7, 6/14	Abigail Boehm

Tuesday

9:15a – 10:45a	Mixed Level	Naime Jezzeny
11:00a – 1:00p	The Practice*	Naime Jezzeny
6:00p – 7:30p	Mixed Level	Mariel Freeman
7:00p – 8:15p	Beginner	Melanie Smith

Wednesday

8:30a – 9:45a	Beginner	Kim Kemper
9:45a – 11:15a	Intermediate	Sue Elkind
12:00p– 12:45p	Lunchtime Express	Dion Boehm
4:00p - 5:00p	Kids Yoga Club/6 *** 3/24, 3/31, 4/7, 4/14, 4/21, 4/28	Sarah Hochburger
6:30p – 8:00p	Mixed Level	Holly Haynes
6:30p - 8:30p	Fundamentals of Yoga** 3/10, 3/17, 3/24 & 3/31	Sue Elkind
	Meditation Series/4*** 4/14, 4/21, 4/28 & 5/5	Sue Elkind

Thursday

9:15a – 10:45a	Mixed Level	Naime Jezzeny
11:00a – 1:00p	Everyday Therapeutics** Part III: 3/18, 3/25, 4/1, 4/8	Naime Jezzeny
6:00p – 7:30p	Mixed Level	Donna-Marie Emmi
7:00p – 8:15p	Beginner	Andy Gardiner

Friday

8:30a – 9:45a	Mixed Level	Andy Gardiner
12:00p – 12:45p	Lunchtime Express	Peter Page

Saturday

8:30a – 9:45a	Beginner	Abigail Boehm
10:00a – 11:30a	Mixed Level	Melanie Smith

Sunday

9:00a – 10:15a	Beginner	Sue Elkind
10:30a – 12:15p	Advanced/Intermediate	Abigail Boehm
12:30p– 1:30p	Power Hour	Dion Boehm
12:30p– 1:30p	Kid's Yoga	Sarah Hochburger

Power Hour: An hour packed with energetic asanas ~ all level

Kids Yoga: An hour filled with wonderful youth oriented yoga: 5 – 12yrs.

Beginns: March 28th. Pls check with us in case this class is pre-empted.

* **The Practice:** Teacher led practice offering inter. & advanced asanas.

** **Specialty classes/series to deepen your practice. \$25 per class, \$80 for 4 part series. Cards & Monthlies will not apply.**

*****Kids Yoga Club: \$72 for all 6, Drop-in: \$12. Snack served before.**

Spring 2010

Workshops & Special events at Yogaphoria!

Specialty 4 Part Series: \$80 for series, \$25 drop in.

• **FUNDAMENTALS OF YOGA w/ Sue Elkind:**
Wednesdays: 3/10 – 3/31/10. 6:30 – 8:30pm

• **THERAPEUTICS Practice w/ Naime:**
Thursdays: 11 - 1pm

Mar 18 - Neck, shoulders, upper back

Mar 25 - Elbows, wrists, shoulders

Apr 1 - Lower back, hips

Apr 8 - Hamstrings, knees, feet

• **Meditation Series w/ Sue Elkind:**
Wednesdays: 4/14 – 5/5/10. 6:30 – 8:30pm

Anusara Yoga Weekend w/ Todd Norian:
Path of Radical Affirmation! March 19-21.

Fri 7-9 \$40, Sat 10-1 \$60, Sat 3-5:30 \$50, Sun 10-1 \$60

Life is intrinsically good and meant to be fun. Reestablish your Connection to the Universal Life force that flows through you and affirm the greatness in your heart.

• **Spirited Kids Yoga Series w/ Sarah Hochburger:**
Wednesdays: 3/24 – 4/28/10. 4:00 – 5:00pm
6 week Series: \$72 or Drop-in \$12. Ages: 7 – 11.

• **Moving Into the Stillness Meditation Workshop w/ Sue Elkind: March 26th, 6 – 9pm**

Upcoming Events in Brief:

Join us for **Anusara Immersion 2010** Starts March 12th.

Mother's Day Celebration: Mother Daughter Workshop with Abigail Boehm, May 2nd

class descriptions

Anusara – a hatha yoga system that unifies Tantric philosophy with the Universal Principles of Alignment™

Lunchtime Express – 45 minute express yoga flow – \$7.00

Power Hour! - An hour packed with energetic asanas. All levels welcome. \$10 & **Kids Yoga** – Youth oriented fun asanas: \$10.

class levels

Beginner classes provide a safe space for new students to learn the yoga basics. The classes are moderately paced and thoroughly instructive.

Mixed Level classes are open to beginner through advanced students and offer modifications and variations to be taken at your own pace.

Intermediate classes are for students who are ready for a more vigorous class. This class picks up the pace from beginner classes and postures may be taught with more challenging variations.

The Practice: Advanced Teacher led practice offering intermediate and advanced asanas.

class prices

5 classes	\$70	(30 days)	drop-in	\$15
10 classes	\$130	(90 days)	30 day unlimited	\$99
20classes	\$220	(120 days)	annual unlimited	\$1200

Please visit our website for more information at www.yogaphoria.com, email: info@yogaphoria.com
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