



Schedule of classes

Summer 2010: July 26 – Sept 15

So Much Yoga Under One Roof!

Monday

8:30a – 9:45a	Mixed/Beginners	Peter Page
9:15a – 10:45a	Intermediate	Karin Eisen
12:00p – 12:45p	Lunchtime (Fitness) Express	Dion Boehm
6:30p – 8:00p	Mixed Level	Megan Goldbacher
7:00p – 8:15p	Intro to Yoga	Deb Kurilla

Tuesday

7:00a – 8:30a	Mixed/Foundations	Vincent Peterson
9:15 a – 10:45a	Mixed Level	Karin Eisen
11:00a – 12:00p	Gentle Yoga	Deb Kurilla
6:30p – 8:00p	Mixed/Vinyasa Flow	Carolyn Cohen
7:00p – 8:15p	Beginner	Deb Kurilla

Wednesday

8:30a – 9:45a	Mixed/Beginners	Megan Goldbacher
9:15a – 10:45a	Intermediate	Jill Bacharach
12:00p – 12:45p	Lunchtime (Fitness) Express	Dion Boehm
6:30p – 8:00p	Mixed Level	Holly Haynes

Yogaphoria Specialty Series

6:30p - 8:30p	Acro Yoga Series /4* 8/4, 8/11, 8/18, 8/25	Carolyn Cohen
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Thursday

7:00a – 8:30a	Mixed/Foundations	Vincent Peterson
9:15a – 10:45a	Mixed Level	Melanie Smith
11:00a – 12:30p	Gentle Yoga	Deb Kurilla
6:30p – 8:00p	Mixed/Vinyasa Flow	Carolyn Cohen
7:00p – 8:15p	Beginner	Dion Boehm

Friday

9:15a – 10:45a	Mixed/Beginners	Karin Eisen
12:00p – 12:45p	Lunchtime (Fitness) Express	Peter Page
6:30p – 8:00p	Restore & Renew	Sarah Hochburger

Saturday

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

Sunday

9:00a – 10:15a	Beginner	Abigail Boehm
10:30a – 12:15p	Int/Adv w/ Live Tabla	Abigail Boehm

Lunchtime (Fitness) Express: 45 minute packed with energetic asanas ~ all levels welcome.

Foundations: This practice is geared to start your day in the best possible way – Foundations is perfect for beginners and advanced yogis alike

Gentle Yoga: A slower paced exploration of movement, alignment and breath to open joints, relieve common aches and pains.

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