



Flow Yoga Schedule as of September 1, 2007

The **Flow** style of yoga is characterized by the practice of a series of yoga poses (asanas) without stopping, riding the breath to flow from one pose to the next. We heat our studio to aid in deep muscular release, body purification, and transformational practice.

Please arrive at least 10 minutes prior to the start of class. We lock the entrance door a moment before we begin our practice!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-7:00am Level 2 Jenn		5:45-7:00am Level 2 Jenn			
9:15-10:45am Level 2 Elaine	8:45-10:15am Level 2 Olena	9:15-10:45am Level 2 Julia	8:45-10:15am Level 2 Cindy	9:15-10:45am Level 2 Elaine	8:30-10:00am Level 2 Elaine	9:30-11:00am Level 3 Julia
12:45-1:45pm Level 2 Elaine		12:45-1:45pm Level 2 Andrew		12:45-1:45pm Level 2 Jenn	10:30am-Noon Level 1 Andrew	
	4:30-5:30pm Kids Yoga*, 6-12 yr Jenn / Megan O		4:30-5:30pm Kids Yoga*, 3-6 yr Jenn / Megan O			4:30-6:00pm Level 2 Jenn
6:00-7:15pm Level 2 Kate	6:00-7:15pm Level 1 Julia		6:00-7:15pm Level 1 Olena	6:00-7:15pm Level 2 Andrew		
7:30-9:00pm Level 1 Andrew	7:30-9:00pm Level 3 Jeanne	7:00-8:30pm Level 2 Julia	7:30-9:00pm Level 3 Jenn	6:00-8:00pm HAPPY HOUR YOGA! (FREE) 1 st Fridays only	*Pre registration recommended. \$99 for 8-week session; \$17 drop in	

Guidelines for Choosing the Right Class:

- Level 1:
 - More discussion
 - Slower flow, with more time to rest
- Level 2:
 - Less verbal instruction than level 1
 - Fairly athletic practice
 - OK for physically-fit beginners too
- Level 3:
 - More advanced poses
 - Vigorous practice
 - Not recommended for beginners

Recommendations for All Classes:

- Drink plenty of water - we have bottles for \$1 or bring your own.
- Please come to class with an empty stomach.
- Please refrain from wearing perfume or cologne.
- Wear lightweight workout clothes.
- Bring a yoga mat; you can also borrow or purchase one from us.
- We recommend that you bring a towel.

Price List:

Walk-In:	\$17
5-class card:	\$70 (good for 3 months)
10-class card:	\$135 (good for 3 months)
25-class card:	\$295 (good for 6 months)
1 month unlimited:	\$125

**Special offer for NEW students:
10 days of yoga for \$10**