



Flow Yoga Schedule as of June 2009

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
	6:00-7:00am Prana Flow 1/2 Erica		6:00-7:00am Prana Flow 1/2 Colleen Car.	6:45-7:45pm Yoga Bootcamp Jenn		9:30-11:00am Prana Flow 2/3 Julia
9:30-11:00am Vinyasa Flow 2 Ursula	9:30-11:00am Prana Flow 2 Julia	9:30-11:00am Prana Flow 2 Bonnie	9:30-11:00am (starting 6/24) Vinyasa Flow 2 Cindy	9:30am-11:00am (starting 6/25) Vinyasa Flow 2 Ursula	9:00-10:30am Prana Flow 2 Julia	11:30-12:45am Prana Flow 1 Kelli
6:00-7:15pm "over-fkow" Beginner Series Billy	6:00-7:15pm "over-fow" Prenatal Tara	6:00-7:15pm "over-flow" Beginner Series Billy			10:45am-Noon Vinyasa Flow 1 Raquel	
	4:30-5:30pm Kids Yoga, 6-12yr Jenn		4:30-5:30pm Kids Yoga, 3-8 yr Jenn		4:30-5:45pm Vinyasa Flow 1/2 Coleen Cl.	4:30-6:00pm Vinyasa Flow 2 Jenn
6:00-7:15pm Ashtanga Flow 2 Sylvia	6:00-7:15pm Vinyasa Flow 1 Jenn	6:00-7:15pm Vinyasa Flow 2 Raquel	6:00-7:15pm Yoga Basics Beth	6:00-7:30pm TGIF yoga Prana Flow Andrew		
7:30-8:45pm Prana Flow 1 Kelli	7:30-9:00pm Vinyasa 2/3 Jenn	7:30-8:45pm Prana Flow 1 Kelli	7:30-9:00pm Vinyasa 2/3 Ursula	6:00-8:00pm HAPPY HOUR YOGA! (FREE) 1 st Fridays only		

Recommendations:

- 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.

Levels:

- 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

Price Guide

Drop in- \$17
 5 class card- \$70
 10 class card-\$135
 25 class card-\$295
Monthly Unlimited \$99

New Student Special-
 10 days for \$10
Student Special-
 \$10 drop in or \$75 monthly
 Unlimited