



# YOGA CENTERS™

## Purna Yoga™ Class Schedule January - April 2010

Monday	Class Level	Teacher	Studio
9:30-11:00 am	III	John	2
10:00-11:30 am	II	Gina	1
o 11:45-12:45 pm	Meditation	Angelica/Marchella	2
4:00-5:30 pm	I-II	Debbie	1
♦ 5:45-7:15 pm	Level I Prep	Mana	2
♦ 5:45-7:15 pm	I	John	3
5:45-7:15 pm	II	Aurora	1
o 7:30-8:30 pm	Meditation	Aurora	2
7:30-9:00 pm	II	Rutu	1
<b>Tuesday</b>			
♦ 9:30-11:00 am	I	Angelica	1
9:30-11:00 am	II	Zofia	2
4:00-5:30 pm	I-II	Amanda	1
♦ 5:45-7:15 pm	I	Sandra	3
5:45-7:15 pm	II	Zofia	2
5:45-7:15 pm	IV-V	Aadil/John	1
o 7:30-8:30 pm	Healthy Living	Aadil/Sara	1
♦ 7:30-9:00 pm	I	Connie	3
o 7:30-8:30 pm	Meditation	Angelica/Gina	2
<b>Wednesday</b>			
♦ 9:30-11:00 am	I	Sandra	3
9:30-11:00 am	II-III	John	2
10:00-11:30 am	II	Mana	1
o 11:15-12:15 pm	Meditation	Sandra	3
4:00-5:30 pm	I-II	Debbie	2
5:45-7:15 pm	II	Gina	2
o 5:45-7:15 pm	Prenatal	Kelly	3
o 8:15-9:15 pm	Meditation	Mana	2
<b>Thursday</b>			
♦ 9:30-11:00 am	I	Rutu	2
10:00-11:30 am	II	Aurora	1
♦ 5:45-7:15 pm	I	John	2
5:45-7:15 pm	II-III	Angelica	3
♦ 7:30-9:00 pm	I	Sandra	3
7:30-9:00 pm	II	John	2
<b>Friday</b>			
♦ 9:30-11:00 am	I	Aurora	2
9:30-11:00 am	II	John	1
♦ 10:00-11:30 am	Level I Prep	Mana	3
5:45-7:15 pm	I-II	Marchella	2
o 6:00-7:30 pm	Restorative	Mana	1
o 7:30-8:30 pm	Meditation	Sara	2
<b>Saturday</b>			
9:00-10:30 am	II	John	2
♦ 9:00-10:30 am	I	Sara	1
10:00-11:30 am	II-III	Sandra	3
♦ 12:00-1:30 pm	I	Sandra	2
o 12:00-1:30 pm	Kids 7-12 yrs	Marchella	3
3:00-4:30 pm	I-II	Kumar	2
<b>Sunday</b>			
♦ 9:30-11:00 am	I	Gina	2
9:30-11:00 am	II	Connie	1
11:15-12:45 pm	III	Connie	1
11:30-1:00 pm	I-II	Sandra	2
o 1:15-2:45 pm	Teens 13-18 yrs	Faith	2
o 5:00-6:00 pm	Meditation	Kathy	2
♦ 6:15-7:45 pm	I	Aurora	1
6:15-7:45 pm	II	Sandra	3

♦ - Best place to start      o - All Levels

### Class Level Descriptions

**Level I Prep:** This class offers a safe, gentle introduction to yoga. Designed for individuals who are completely new to yoga, have physical limitations that require additional support during class or don't want to work too strenuously. Let your instructors know about any physical limitations so they can give you personalized instructions for the poses.

**Level I:** This class is designed to welcome and support those new to yoga, and to create a supportive atmosphere to continue a regular yoga practice. Receive individualized attention while learning the basic yoga poses for increasing strength, flexibility, endurance, balance and relaxation. Let your teachers know if you have any physical issues, so they can make your yoga class more comfortable. Come 10 minutes early for your first class to fill out the registration form. (registration forms are also available on line).

**Level II:** For those who have taken the Level 1 classes for at least three months (or equivalent experience in alignment-based yoga). Be sure to let your teachers know if you have any physical issues, so they can make your yoga class more comfortable.

**Level III:** For those who have taken Level II classes for at least six months. More advanced asanas are introduced, asanas may be held longer, and deeper aspects of yoga are introduced and applied.

**Level IV-V:** For those who have taken Level III classes for at least six months. To enter this level you should do five-minute head and shoulder stands, full arm balance against the wall, and backbends from the floor.

### Specialized Class Descriptions

**Meditation:** Learn to connect with your Spirit in your heart center through guided imagery and meditation. We recommend attending at least 4 classes to begin feeling the difference meditation can make in your life.

**Prenatal:** Appropriate class for all stages of pregnancy. Relax, connect with your baby (and other moms), and prepare your body for giving birth.

**Restorative:** This class is designed for deep relaxation. It involves gentle yoga stretches to open joints and stretch muscles, as well as restorative poses, breathing and guided imagery.

**Kids 7-12 yrs:** Kids yoga can build strength, flexibility, coordination and balance as well as improve the ability to concentrate. Plus, it's fun!

**Teens 13-18 yrs:** The perfect class for teens to build focus, confidence, strength and flexibility in a noncompetitive, supportive environment.

**Healthy Living:** Healthy Living is a class designed to give students in-depth information about health, nutrition, supplements, alternative healing modalities, based on research and the personal experience of Aadil Palkhivala, Naturopath, A.H.S.P. and Mirra.

### CLASS COSTS & PASSES

*Passes are valid for a limited period of time and do expire. Classes that are not used before the expiration date are forfeited.*

Class Cost	Cost	Valid for
1 class	\$17	1 day
4 classes	\$65	90 days
8 classes (auto renew available)	\$125	90 days
Unlimited Auto-Renew (Enrollment forms are available at the front desk)	\$110 per month	

- ♦ Classes are ongoing; you can start at any time.
- ♦ Watch for changes to this schedule on New Year's Day and Easter.
- ♦ **Cancellation Policy for Passes:** You may cancel your pass within the first seven days of purchase and receive the balance remaining on your pass. After seven days you must use your pass for classes before it expires, or the balance is forfeited.