

# EASTON YOGA 2009

Schedule **January - May, 2010**, please check our **Webscheduler** online for current class substitutions and schedule shifts.

## Open Yoga Classes

(See website for Special series & workshop classes: [www.eastonyoga.com](http://www.eastonyoga.com))

DAY	TIME	LEVEL	TEACHER
Monday	9:30am-11:00am	Level 3: Flow	Amy
	5:30pm-6:30pm	Level 2-3: Flow	Kathleen
	6:30pm-8:00pm	<b>Level 2: Experienced Beginner Flow</b>	Amanda
	6:45-8:00pm	Open Level 1st Monday each month	Kathleen
Tuesday	6:30am-7:45am	Level 2-3: Flow	Alicia
	9:30am -11:100am	<b>Level 0-1-2: Beginner Basics Flow</b>	Alicia
	5:15pm-6:45pm	Level 4: Ashtanga Primary Series Flow	Carmen
	6:30pm-8:00pm	<b>Level 0-2: Beginner Basics Flow</b>	Andrea
Wednesday	9:30am-11:00am	Level 2-3: Flow	Alicia
	6:30pm-8:00pm	<b>Level 2: Beginner Flow</b>	Kathleen
	5:30-pm-6:30pm	Level 2-3:Flow	Amy M.
	7:00pm-8:30pm	Level 2-3: Flow	Alicia
Thursday	6:30am-7:45am	Level 2-3: Flow	Alicia
	9:30am -11:100am	<b>Level 1-2: Beginner Flow</b>	Alicia
	5:15pm-6:45pm	Level 2-3: Flow	Amy B.
	6:30pm-8:00pm	<b>Level 0-1: Beginner Basics: Restorative Yoga</b>	Alicia
Friday	9:30am-11:00am	Level 2-3: Flow	Alicia
	5:30pm-6:45pm	Level 3-4: Modified Ashtanga Primary Series Flow	Carmen
Saturday	8:00am-9:30am	Level 3-4: Flow	See website for staff rotation
	9:00am-10:30am	<b>Level 0-1-2: Beginner Flow</b>	Amanda / Amy K.
	9:45am-10:55am	<b>Level 2: Experienced Beginner Flow</b>	Amy B.
Sunday	8:00am-9:30am	Level 4: Ashtanga Primary Series Flow	Carmen
	10:00am-11:30am	Level 2-3: Flow	See website for staff rotation
	5:30pm-7:00pm	Level 2-3: Flow with Restoratives	Amy B.

**Level 0-1 Beginner Basics** Walk into yoga for the first time and feel welcome and start from where you are now. This class will teach you the foundational technique that you need to practice safely, correctly and with ease. In addition to healing yoga postures the class may include breath work, guided centering/meditation. Students will leave refreshed, restored, and returned to wholeness

**Level 0-1-2 Beginner Flow** Begin with Movement! Our Beginner Flow classes are powerful learning experiences in which you will literally re-discover your body, how it works, and what it can do. All Beginner classes are designed to give you the time and support to understand the proper alignment of Yoga asanas (postures) and breathing technique. You will begin by focusing on the basics, but it won't stop there. These classes are always exciting because in every class you learn and do something new.

**Level 2 Experienced Beginner Flow** These classes are for students interested in exploring a transition from Beginners Basics and Beginners Flow. Classes are taught in a multi-level style. New & more dynamic asanas will be introduced, and others will be held longer to deepen the experience. Students attending this class should be comfortable with beginner's level classes. Not for new beginners.

**Level 2-3 Flow** These classes offers yogis an opportunity to explore the edge of their practice with a challenging, insightful and adventurous routine. Expect to sweat while you build strength and flexibility. Classes vary from day to day; sometimes there are long holdings and sometimes the tempo moves quickly. These flows are designed to address the entire physical frame. Everything is here: forward folding, standing and balancing postures, upper body and abdominal work, lateral stretches, twists, backbends and inversions using breath-synchronized movement.

**Level 3 Flow & Level 4 Ashtanga Classes** *\*Please note a strong understanding of ujayii breath, bandhas and sun salutations are recommended.* Advanced Flow classes offer yogis an opportunity to explore the edge of their practice with a challenging, insightful and adventurous routine. Perfect for those with at least 1-2 years of regular weekly practice and solid yoga experience. This class incorporates advanced and complex poses: arm balances, backbends, long inversions, pranayama and bandha practice. Beginners are not admitted to this class. Be prepared to sweat, learn, have fun, and go deep as you explore new dimensions of your yoga practice! Be prepared to sweat!

**Open: Mantra Yoga only:** This class will explore to art of making sounds and reciting words that can heal the body, calm the mind, manifest abundance, deepen our meditation and awaken our higher consciousness. No mat needed, wear comfortable clothes. No asana (postures).

# E A S T O N Y O G A

610.923.7522



- If you don't see a class consider scheduling a private class! We offer private instruction in a one-on-one setting or for groups up to 20!

Yoga Services	Cost*
Drop-In Class	\$15
Trial 5 Class Pass {good for 60 days****Please note new expiration time for 2009}	\$60
10 Class card {good for 1 year}	\$110
Unlimited membership includes all OPEN scheduled Yoga classes plus 10% discount off all other services and products.	\$85 / month for 6 months \$75 / month for 12 months
Private Classes on site***call for special private class rates	\$85*
Workshops	see website for details
Community Yoga class 1pm on the 1st sunday of Every Month, bring a friend!	Free
New Student Consultations set up a time to tour our facility and meet with one of our teachers to help determine which classes are right for you.	Free