2014 SPRING CLASS SCHEDULE

Sadhanaa | Yoga
The Devoted Practice

Monday	6:00-7:15pm	Continuing Beginners	Amita
Tuesday	8:45-10:00am	Intermediate	Amita
	10:15-11:15am	Seniors/Gentle	Amita
	6:30-7:45pm	Gentle	Amita
Wednesday	4:15-5:45pm	Gentle General	Amita
	7:00-8:00pm	Basics	Carla
Thursday	9:00-10:15am	Practice	Amita
	5:30-6:30pm	Foundations/Intro.*	Amita
	6:45-8:00pm	Continuing Beginners	Amita
Friday	No Classes		
Saturday	7:00-8:30am	General	Amita
	9:15-10:30am	Gentle	Amita
Sunday	8:30-10:00am	General	Amita
	10:45-12:00pm	Restorative	Amita

8-class session begins April 10th

SEE REVERSE FOR CLASS DESCRIPTION AND FEES

Class Duration	5-class* Package	Single Class
1 hour	$65	$16
1.25 hours	$70	$18
1.5 hours	$75	$20

*5-class package must be used within 3 months.
*Practice class is $10.
*Special Foundations 8-class package is $108, no refunds.
*College students with a current school ID pay $10/class.

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OUR CLASSES

Foundations- Students learn the correct alignment of beginning poses as a solid groundwork to build on.

Continuing Beginners/Basics- A continuation from the Foundations series, students begin to learn more asanas and build up from the foundation.

Intermediate- For strong beginners who have previous experience. Students work on flexibility, strength and balance.

Gentle General- For Senior citizens who have an advanced practice looking for a gentler approach with modifications to classical asanas.

General- For advanced students comfortable holding asanas, learning to refine their practice.

Gentle- A gentle practice of asanas utilizing props to assist with any limitations. Suitable for Seniors and people over 55.

Seniors/Gentle- Seniors practice gentle movements mostly using the chair and wall with modified variations of asanas.

Restorative- Relax, renew, rejuvenate with poses aimed to relieve emotional, mental and physical fatigue and stress.