

SCHEDULE

July 2010

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------------|---------------------------------------|------------------------------------|---------------------------------------|---|--|---|
| | 6:45am* ^ Sunrise Vinyasa Kelly | | 6:45am* ^ Sunrise Vinyasa Kelly | 7:00am ^ Barkan Bryony | | |
| | | | | | 8:00am Hot Vinyasa 1/Barkan Ani/Bryony | 8:30am Bikram Jimmy/Jacqui |
| 9:30am Boot Camp Yoga Jacqui | 9:30am Bikram Jimmy | 9:30am Bikram Bryony | 9:30am Boot Camp Yoga Jacqui | 9:30am Bikram Jimmy | | |
| | | | | | 10:00am Bikram Jimmy | 10:30am* ^ Hot Vinyasa 2 Jimmy/Victoria |
| 12:00pm Community Class** | | | | | | |
| | 4:30pm Bikram Renée | | 4:30pm Hot Vinyasa 1 Victoria | | 4:00pm Hot Vinyasa 2 Renée | 4:00pm Bikram Renée |
| 6:00pm Bikram Renée | 6:00pm Hot Vinyasa 2 Victoria | 6:00pm ^ Hot Vinyasa 1 Jimmy | 6:00pm Bikram Renée | 6:00pm Hot Vinyasa 2 Renée | | |
| 7:30pm ^ Hot Vinyasa 2 Renée | 7:30pm Barkan Bryony | 7:30pm Bikram Jimmy | CLASS KEY | ^ 75 minute class. * No first timers, please. **There is a suggested donation of \$10 per class or simply donate what you can. All donations are greatly appreciated | | |

CLASS DESCRIPTIONS

Bikram Yoga: The classic series of 26 postures, known as "asanas". Bikram Yoga is performed in a heated room and is designed for all levels. The sequence of postures, combined with the heat, strengthens and detoxifies your body through a balance of deep stretching and strengthening asanas which relieves neuromuscular tension. Bikram Yoga stimulates your organs, glands and nervous system and moves fresh oxygenated blood through your entire body, restoring all body systems to a healthier working order. This is an excellent class for beginners.

Barkan Method: A style of yoga developed by Jimmy Barkan which finds its roots from a lineage in Calcutta, but also integrates postures from other styles of Yoga to create variations and even greater range of motion. The yoga classes are practiced in a heated room to stretch and strengthen various areas of the body. The practice brings vital balance and restores all systems to optimal health. Consistency will create a physical, mental and spiritual harmony that will be felt in all areas of the practitioner's life. This is another excellent class for beginners.

Boot Camp Yoga: A fusion of muscle building postures, core specific routines and much needed stretching, developed by Jacqui to strengthen your body, sharpen your mind, and soften your spirit. Combined with keen wit, knowledgeable body alignment and a hands-on style, you will be motivated to your maximum with a variety of push ups, challenging postures, heat building sequences and fast-paced action, all designed to give you a vigorous full body workout that addresses all major muscle groups. Come and increase your stamina, work hard, sweat, laugh and burn calories galore!

Community Class: An open level Yoga class performed in a heated room. Style and instructor may vary. There is a suggested donation of \$10 per class or simply donate what you can. All donations are greatly appreciated.

Sunrise Vinyasa: This open level class is your perfect early-morning ritual that will take you from sleepy and stiff to open and ready to meet the day. Previous experience is recommended since the class is led by an instructor and students follow the sequence in silence while listening to various music selections.

Vinyasa I: This beginning flow yoga class gently awakens and warms the body and then progresses to an energetic and comfortable flowing sequence that investigates the connection between breath and movement. Accessible to beginners through advanced students, this class will soothe your soul, lift your spirits and stimulate your pulse.

Vinyasa II: A delightful and liquid flowing movement, spiced with advanced postures and sequencing. This class is designed for students who have a consistent practice and are comfortable with a challenging and non-stop class.

Vinyasa III: This flexible flow explores more complex poses, arm balances and inversions. This class will exhilarate those students who desire a more advanced Vinyasa sequence.

RATES

July, 2010

Individual Classes

1st Class Special
\$25 (7 Consecutive Days*)

Single class
\$22

Sunrise Vinyasa
\$20 Cash/Debit

New Students

10 Class Card
\$110 One Month

Class Cards

5 Class Card
\$95 One Month

10 Class Card
10/16 \$160 One Month

10 Class Card
\$190 Two Months

20 Class Card
\$360 Three Months

30 Class Card
\$510 Four Months

60 Class Card
\$980 Eight Months

Unlimited

Individual Monthly
\$200

Couple/Yoga Buddy
\$380

Unlimited 6 Months
Individual
\$980

Couple/Yoga Buddy
\$1820

Unlimited 1 year
Individual
\$1700

Unlimited Couple/Yoga Buddy
\$3200

***Note for new students:** For first class only, mat rental is free. You can come back anytime for 7 consecutive days.

Inquire about the special discount for Students, Actor's Equity members, Public Sector, and Seniors.

We accept cash, checks, MasterCard, Visa, Discover and Debit.

PRIVATE YOGA INSTRUCTION

Private yoga classes are an effective way in which all students, whether first timers or seasoned practitioners will benefit greatly. You will have the instructor's undivided attention, who will customize your sessions to suit your specific needs and improve your practice.

Whether your focus is on troublesome areas or on fine-tuning your alignment, your session is guaranteed to bring to your practice a deeper level of understanding and joy.

Call to schedule an appointment when you are ready to take your practice to the next level.

COMMUNITY CLASS

YogaSpa is committed to keeping yoga accessible to all. While a yoga studio needs to sustain itself as a business, our intention is to provide affordable options for everyone.

We now offer a Community Class with a suggested donation of \$10 per class or simply donate what you can. All donations are greatly appreciated.

CORPORATE YOGA

YogaSpa's corporate program can help enhance employee satisfaction by directly addressing three of the leading causes of employee absenteeism and reduced productivity: back pain, stress and fatigue. Yoga has also been known to help alleviate headaches, hypertension, depression and joint and muscle injuries.

Other benefits include enhanced memory and focus, a stronger immune system, improved posture and immediate stress reduction.