

SCHEDULE Studio's A & B

Updated: October, 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45am* ^ Sunrise Vinyasa Keith	6:45am* ^ Sunrise Vinyasa Jacqui	6:45am* ^ Sunrise Vinyasa Danielle	6:45am* ^ Sunrise Vinyasa Keith	6:45am ^ Barkan Bryony	8:00am Hot Vinyasa 1 Ani	8:30am Bikram Jacqui/Jimmy
9:30am Boot Camp Yoga Jacqui	9:30am Bikram Jimmy	9:30am Bikram Bryony	9:30am Boot Camp Yoga Jacqui	9:30am Bikram Jimmy	Studio B 8:00am Barkan Vinyasa 2 Bryony	
12:00pm Community Class** Bryony/Jill	Studio B 9:45am Ashtanga Variations Ani	12:00pm ^ Barkan Vinyasa 2 Bryony		12:00pm Bikram ^ Jill	10:00am Bikram Elizabeth	10:30am* ^ Open Level Jimmy/Victoria
	4:30pm Bikram Jimmy		4:30pm Hot Vinyasa 1 Victoria		4:00pm Hot Vinyasa 2 Reneé	4:00pm Bikram Reneé
6:00pm Bikram Reneé	6:00pm Bikram Reneé	6:00pm ^ Flow31 Jacqui	6:00pm Bikram Reneé	6:00pm Hot Vinyasa 2 Reneé		
7:30pm ^ Hot Vinyasa 2 Reneé	7:30pm Barkan Bryony	7:30pm Bikram Elizabeth	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		

RATES

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

Single class
\$22

6:45 & 7:00am Classes
\$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

15 Class Card
\$295 No Expiration

20 Class Card
\$360 Three Months

30 Class Card
\$510 Four Months

60 Class Card
\$980 Eight Months

Unlimited
Individual Monthly
\$200

Couple/Buddy Monthly
\$380

Individual Unlimited 6 Months
\$980

Couple/Buddy 6 Months
\$1820

Individual Unlimited 1 year
\$1700

Couple/Buddy Unlimited
\$3200

\$5 Expired Class Buy Back

***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.

Class Descriptions

Ashtanga:

Led Ashtanga, Primary Series, Description based on the teachings of K. Pattabhi Jois.

This class is a physically demanding yet a simple class that improves strength, stamina and flexibility. Students are guided through most of the postures of the first half of the Primary series, which are linked together on the flow of the breath, creating heat and leading to a powerful, purifying practice. The led practice begins with an opening chant, followed by the meditative repetition of Sun Salutation A & B, the standing sequence, hip-opening and forward bending postures and finishing poses including inversions. Ujjayi pranayama (breathing method), and attention to the bhandas (energetic locks), and drishti (gazing point) are taught.

Modifications are offered throughout class. All levels of fitness are welcome.

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.

Barkan Method II:

Integrates 5 distinct sequences of postures for an even greater range of motion. This is a vigorous class, combining upper body strength, flexibility and cardio and is designed for students ready for students seeking a challenge. This class is designed for students who have a consistent practice and are comfortable with a challenging and non-stop class.

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.

Flow31

Flow31 is an exclusively designed by Jacqui as a set of 31 asanas linked together by a non-stop, core shredding, muscle strengthening, hot vinyasa flow, designed for all fitness levels. The combination of choreographed sequences maximizes strength, flexibility and endurance.

Open Level:

This beginning flow yoga class gently awakening the body, then progressing 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.

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.