



east meets west yoga studio

beginning march 2009

eastmeetswestyoga.com

716.885.9100



monday	tuesday	wednesday	thursday	friday	saturday	sunday
					7 – 10:15 am Mysore-Style Practice <i>Beth & John</i>	8:45 - 10:15 am Ashtanga II <i>Sara</i>
	9-10:30 am Vinyasa I <i>Donna</i>				8:30 – 10 am Vinyasa II <i>Elyssa</i>	9 – 9:45 Tots Itsy Bitsy Yoga® Course <i>Jill</i>
9:30 - 11 am Vinyasa I/II <i>Lizz</i>		9:30-11:15 am Vinyasa II/III <i>Anita</i> & 9:30-10:45 am Therapeutic Yoga Course <i>Donna</i>	9:30 – 11 am Vinyasa I/II <i>Elyssa</i>	9:30 -11 am Vinyasa I/II <i>Lizz</i> & 9:30-10:45 am Therapeutic Yoga Course <i>Donna</i>	10:15 - 11:45 am Vinyasa I <i>Carrie</i>	10 - 12 pm Vinyasa II/III <i>Anita</i>
					10:30 - 12 am Ashtanga I <i>Lizz</i>	10:30 – 12 pm Vinyasa I <i>Sara</i>
	11 - 11:45 Baby Itsy Bitsy Yoga® Course <i>Christina</i>	11:30 - 12 Vipassana Meditation <i>Athalie</i>			12 – 1:30 pm Intro to Yoga Course	12:30 – 2pm Prenatal Yoga <i>Sara</i>
	12 – 12:45 Tots Itsy Bitsy Yoga® Course <i>Christina</i>				Workshops Please see our website for info	Workshops Please see our website for info
	4 - 5:45 pm Yin Yoga All Levels <i>Anita</i>	4 - 4:45 pm Yoga for Kids Course (ages 3-6) <i>Melanie</i>	4-5:45pm YinYasa <i>Anita</i>			4 – 5:30pm Community Class All Levels <i>Morgen</i>
4:30 - 6 pm Vinyasa II <i>Sara</i>		4:30 – 8pm Mysore-Style Practice <i>Lizz & John</i>				4 - 6 pm Yoga for Depression and Anxiety First Sunday of the Month
		5 – 5:45 pm Yoga for Kids Course (ages 6-12) <i>Melanie</i>			<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>For Course descriptions, prices and start dates see reverse.</p> <p>For Ongoing Class descriptions see our brochure or website.</p> </div>	
6 - 7:30 pm Vinyasa I <i>Donna</i>	6 - 7:45 pm Vinyasa II <i>Anita</i>	6 – 7:30 pm Vinyasa I/II <i>Kate</i>	6 - 7:30 pm Vinyasa II/III <i>Elyssa</i>	6 - 7:30 pm Vinyasa II <i>Morgen</i>		
6:30 - 8 pm Ashtanga I/II <i>Beth</i>	6:30 - 8 pm Ashtanga I <i>Kate</i>	4:30 – 8pm Mysore-Style Practice <i>Lizz & John</i>	6:30 - 8 pm Ashtanga I/II <i>Sara</i>	<p>EXPERENCED STUDENTS CAN START ANYTIME</p> <p>All classes on this schedule are open, on-going and drop-in except for Courses which require pre-registration.</p> <p>If you are new to yoga we recommend you register for our 6-wk Intro to Yoga Course. If the course isn't possible, please call for recommendation.</p> <p><u>All levels</u> classes are more challenging than Level I and require prior yoga experience.</p> <p>Schedule subject to change. Please call or check our website to confirm classes.</p>		
7:45 – 9:15 pm Intro to Yoga Course	8 – 9:30 pm Vinyasa I/II <i>Morgen</i>	7:45 - 9:15 pm Gentle/ Restorative <i>Linda/Renee</i>	7:45 – 9:15 pm Intro to Yoga Course			

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PRICING FOR ONGOING CLASSES

The following price structure applies to all of our open and ongoing classes. They include all Ashtanga, Vinyasa, Yin, Gentle/Restorative and Prenatal Yoga. It does not apply to the registered courses, which appear in the next column.

Single Class (1.5 Hours)	\$15
3-Class Pass	\$40 (1 month expiration)
10-Class Pass	\$120 (3 month expiration)
20 Class Pass	\$200 (3 month expiration)
Unlimited Monthly	\$120 (1 month expiration)
Private Appointment	\$50-75/hr

**Class passes may be purchased at the time of class.
We accept either check or cash.**

- The fees above apply to all of our open and on-going classes. Class passes can be used at the students' discretion for any of our open and on-going classes at both our city and suburban locations.
- Class passes cannot be used for the Intro to Yoga, Therapeutic Yoga, Itsy Bitsy Yoga, and Yoga for Kids Courses, as well as workshops which require pre-registration.**
- Full time college students with a valid student ID receive a 20% discount on class passes and **COURSES**. Discount not valid on single class or unlimited monthly.
- Experienced yoga students may begin taking classes at any time. If unsure of which class level and/or style is appropriate, please call the studio and we will be happy to advise you.
- Fees paid for class passes are non-refundable and non-transferable.

COURSES REQUIRING PRE-REGISTRATION

The following 6-week courses require pre-payment. They are offered throughout the year. The start dates for upcoming sessions appear at the end of each description.

INTRO TO YOGA: 6-WEEK COURSE

If you are new to yoga we recommend starting with our Intro to Yoga 6-week course. This experiential course will introduce the fundamental poses focusing on the principles of alignment and breathing. This course builds a solid foundation for your yoga practice, preparing you for the challenge of Vinyasa Level I classes. **PRE-REGISTRATION IS REQUIRED. 6-week course**

\$60 1x per week or \$100 2x per week

Spring I Session begins April 27th

INTRO TO YOGA: INTENSIVE 3-WEEK COURSE

Similar to Intro to Yoga offered as 6-classes in 3-weeks. Two classes each week on Mondays and Thursdays,

\$60 for Session

Intensive Session begins April 6th

THERAPEUTIC YOGA: 7-WEEK SESSION

Enjoy a simple, customized practice that focuses on joint mobility in the spine, shoulders, hips and extremities. Increase range of motion, reduce pain and improve quality of life. This course is non-sequential, students may begin mid-session based on space availability. **PRE-REGISTRATION IS REQUIRED. 7-week Session**

\$70 1x per week, \$135 2x per week or \$200 3x per week

Spring I Session begins April 27th

ITSY BITSY YOGA®: 6-WEEK COURSE

A developmentally-centered yoga practice for you and your child. Joyfully interact through the exploration of physical movement. Experience the benefits of yoga together. Instructors are trained in Itsy Bitsy Yoga with the program's founder, Helen Garabedian. (www.itsybitsyyoga.com) BABY Itsy Bitsy Yoga is designed for infants from birth to almost crawling. TOTS Itsy Bitsy Yoga is designed for crawlers up to 24 months-old. TYKES Itsy Bitsy Yoga is designed for children between 2 to 4 years old.

\$60 for 6-week course

Spring I Session begins April 27th

YOGA FOR KIDS-5 to 12 YEARS OLD

A fun-filled introduction to Yoga for children. This class emphasizes the joy of movement, the skill of concentration and the peace of relaxation.

PRE-REGISTRATION IS REQUIRED

\$60 for 6-Week course

Spring I Session begins April 27th

Monthly Workshops

YOGA AND MEDITATION FOR DEPRESSION AND ANXIETY

Experience how yoga postures, breathing techniques and meditation can help you cope. Yoga focuses and calms the mind, energizes and relaxes the body helping to manage depression and anxiety. Develop a daily practice supported by these monthly, guided sessions.

Pre-Registration is required. \$15

Offered the first Sunday of every month

EAST MEETS WEST YOGA STUDIO
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