



east meets west yoga studio

beginning june 1st 2009

eastmeetswestyoga.com

716.885.9100



monday	tuesday	wednesday	thursday	friday	saturday	sunday
					7:45 – 10:15 am Mysore-Style Practice John	8:45 - 10:15 am Ashtanga II Sara
9:30 - 11 am Vinyasa All Levels Elyssa	9-10:30 am Vinyasa I Donna	9:30-11:15 am Vinyasa All Levels Anita & 9:30-10:45 am Gentle Yoga Course Donna	9-10:30 am Ashtanga All Levels Beth	9:30 -11 am Vinyasa All Levels Elyssa & 9:30-10:45 am Gentle Yoga Course Donna	8:30 – 10 am Vinyasa II Elyssa	9 – 9:45 Tots Itsy Bitsy Yoga® Course Jill
	9:30 – 10:15 Baby Itsy Bitsy Yoga® Course Sara				10:15 - 11:45 am Vinyasa I Carrie	10-11:30pm Intro to Yoga Course
		11 - 11:45 Tots Itsy Bitsy Yoga® Course & 12 – 12:45 Tykes Itsy Bitsy Yoga® Course Beth B.			10:30 - 12 am Ashtanga I Lizz	10:30 – 12 pm Vinyasa I/II Sara
		11:30 - 12 Vipassana Meditation Athalie	Schedule subject to change. Please call or check our website to confirm classes. For Course descriptions, prices and start dates see reverse. For Ongoing Class descriptions see our brochure or website.			12:30 – 2pm Prenatal Yoga Sara
		Yoga for Kids Course 4 - 4:45 ages 3-6 5 – 5:45 ages 6-12 Melanie				
4:30 - 6 pm Vinyasa II Sara	4 - 5:45 pm Yin Yoga All Levels Anita	4:30 – 7:30pm Mysore-Style Practice John Start anytime between 4:30 – 6:30pm				4 – 5:30pm Community Class All Levels Morgen
						4 - 6 pm Yoga for Depression and Anxiety First Sunday of the Month
6 - 7:30 pm Vinyasa I Donna	6 - 7:45 pm Vinyasa II Anita	6:00 – 7:30 pm Vinyasa I/II Kate	6 - 7:30 pm Vinyasa II/III Elyssa	6 - 7:30 pm Vinyasa II Morgen		
6:30 - 8 pm Ashtanga I/II Beth	6:30 - 8 pm Ashtanga I Kate	Mysore Practice continues until 7:30pm	6:30 - 8 pm Ashtanga I/II Sara	<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 Courses aren't possible, please call for recommendation.</p> <p><u>All levels</u> classes are more challenging then Level I and require prior yoga experience.</p>		
7:45 – 9:15 pm Intro to Yoga Course		7:45 - 9:15 pm Gentle 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	\$15
Community Class	\$5 Minimum Donation
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.*

Student Rates

Single Class	\$15
3-Class Pass	\$35 (1 month expiration)
10-Class Pass	\$100 (3 month expiration)
20-Class Pass	\$170 (3 month expiration)

- The fees above apply to all of our open and ongoing classes. Class passes can be used at the students' discretion for any of our open and ongoing classes at both our city and suburban locations.
- Class passes cannot be used for the Intro to Yoga, Gentle 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 discount on 3, 10, 20-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.

EAST MEETS WEST YOGA STUDIO
758 Elmwood Ave, Buffalo, NY 14222
www.eastmeetswestyoga.com
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COURSES REQUIRING PRE-REGISTRATION

The following 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 Session

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 Ashtanga and Vinyasa Level I classes. **PRE-REGISTRATION IS REQUIRED. 6-week course**

\$60 1x per week or \$100 2x per week
Summer I Session begins the week of June 13th

GENTLE YOGA COURSE: 6-WEEK SESSION

This class appropriate for those with injuries, chronic conditions or limitations related to age. Enjoy a gentle, simple yet comprehensive practice that focuses on joint mobility in the spine, shoulders, hips and extremities. Increase range of motion, reduce pain, alleviate stress and improve quality of life. A great place to start. 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 or \$135 2x per week
Summer I Session begins the week of June 13th

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
Summer I Session begins the week of June 28th

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**

\$40 for 4-Week course
Summer I Session begins June 10th

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