



# east meets west yoga studio

## beginning sept 13 2009

eastmeetswestyoga.com

716.885.9100



monday	tuesday	wednesday	thursday	friday	saturday	sunday	
	5:45 - 8:45 am Mysore-Style Practice <i>Lizz</i>	6:30 - 7:30 am Vinyasa All Levels <i>Kathleen</i>	5:45 - 8:45 am Mysore-Style Practice <i>Lizz</i>		7 - 9:45 am Mysore-Style Practice <i>John</i>	7 - 9:15 am Mysore-Style Practice <i>Sara</i>	
					8:30 - 10 am Vinyasa II <i>Elyssa</i>	9 - 9:45 am <b>Tykes Itsy Bitsy Yoga® Course</b> <i>Jill</i>	
9:30 - 11 am Vinyasa All Levels <i>Elyssa</i>	9:30 - 11 am Vinyasa I <i>Donna</i>	9:30-11:15 am Vinyasa All Levels <i>Anita</i> & 9:30-10:45 am <b>Gentle Yoga Course</b> <i>Donna</i>	9:30 - 11 am Vinyasa All Levels <i>Lizz</i>	9:30 - 11 am Vinyasa All Levels <i>Elyssa</i> & 9:30-10:45 am <b>Gentle Yoga Course</b> <i>Donna</i>	10 - 11:30 am Vinyasa I <i>Carrie</i>	9:30 - 11 am Vinyasa II <i>Sara</i>	
					10:15 - 11:45 am Ashtanga I <i>Kate</i>	10 - 10:45 <b>Tots Itsy Bitsy Yoga® Course</b> <i>Jill</i>	
		11:15 am- 12pm <b>Baby Itsy Bitsy Yoga® Course</b> <i>Sara</i>				11:15 am - 12:45 pm Vinyasa I <i>Sara</i>	
		11:30 - 12 Vipassana Meditation <i>Athalie</i>					
			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.				
	4 - 5:45 pm Yin Yoga All Levels <i>Anita</i>	4 - 6 pm Mysore-Style Practice <i>Kate</i> Start anytime between 4 - 5pm					
4:30 - 6 pm Vinyasa II <i>Sara</i>	4:30 - 5:45 pm Pre/Postnatal Yoga <i>Sara</i>		4:30 - 6 pm Vinyasa All Levels <i>Kathleen</i>			4 - 6 pm Yoga for Depression and Anxiety First Sunday of the Month	
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>Kate</i>	6:30 - 8 pm Ashtanga I <i>Kathleen</i>	6:45 - 8:15 pm <b>Gentle Yoga Course</b>	6:30 - 8 pm Ashtanga I/II <i>Sara</i>	<b>EXPERENCED STUDENTS CAN START ANYTIME</b> All classes on this schedule are open, on-going and drop-in except for <b>Courses</b> which require pre-registration. If you are new to yoga we recommend you register for our 6-wk <b>Intro to Yoga Course</b> . If the Courses aren't possible, please call for recommendation. <u>All levels</u> classes are more challenging then Level I and require prior yoga experience.			
7:45 - 9:15 pm <b>Intro to Yoga Course</b>		7:45 - 9:15 pm <b>Intro to Yoga Course</b>	7:45 - 9:15 pm <b>Intro to Yoga Course</b>				

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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, 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.

## 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

Fall I Session begins the week of Sept 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.**

\$70 1x per week or \$135 2x per week

Fall I Session begins the week of Sept 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](http://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

Fall I Session begins the week of Sept 13th.

## 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  
758 Elmwood Ave, Buffalo, NY 14222  
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