

Spring 2011 Yoga and Pilates Classes

Schedule effective from January 31-May 6, 2011

All classes held in the Multipurpose Room unless otherwise noted

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| | | | | |
| | 8-9am Sampoorna (Complete) Yoga Andrew | | 9:30-10:30am Sampoorna (Complete) Yoga Andrew | |
| 12-1pm Yoga Flow with Jayadeva | 12-1pm Hatha Flow-Tim | | 12-1pm VinyasaYoga-Hojoung | 12-1pm Power Yoga-Linda |
| | 12:05-1:05pm Basic/Intermediate Pilates- John Henry (10 weeks) <i>Dance Studio</i> | 1-2pm Hatha Flow-Tim | | 12:05-1:05pm Basic/Intermediate Pilates- John Henry (10 weeks) <i>Dance Studio</i> |
| 5-6pm Basic/Intermediate Pilates- John Henry (10 weeks) <i>Dance Studio</i> | | 5-6pm Basic/Intermediate Pilates- John Henry (10 weeks) <i>Dance Studio</i> | 5-6pm Basic/Intermediate Pilates- John Henry (10 weeks) <i>Dance Studio</i> | SUNDAY |
| 5:15-6:15pm Power Yoga-Linda | 5:15-6:30pm Vinyasa Yoga-Hojoung | 5:15-6:15pm Power Yoga-Linda | 5-6pm Yoga -Andrew | 12:30-1:45pm Power Yoga-Michael |
| 6-7pm Intermediate/Advanced Pilates-John Henry (10 weeks) <i>Dance Studio</i> | | | | |

YOGA/PILATES CLASS DESCRIPTIONS AND PRICING

BASIC/INTERMEDIATE PILATES (10 Weeks)-No previous Pilates mat experience is required. Sessions 1-4 emphasize the fundamentals of Pilates and competency in all Basic and Intermediate mat exercises. Sessions 5-10 promote the practice of these exercises as a continuous connected flow, introducing more advanced levels as well as some advanced exercises. This mat program is suitable for any level.

HATHA FLOW WITH TIM- This class is designed as a series of flowing yoga postures that integrate movement with breath while building strength, flexibility and stamina. One will also develop a sense of inner calm and mindfulness.

INTERMEDIATE/ADVANCED PILATES (10 weeks)-This class builds on the foundation of the Basic/Intermediate mat program. It is designed for those with previous experience in Pilates. Emphasis is placed on doing the exercises in a continuous flow, mastering the fundamentals, learning more advanced forms of the Basic/Intermediate program and progressively including Advanced Pilates mat work. Participants are always encouraged to work at an appropriate level, modifying or eliminating exercises when needed.

LINDA'S POWER YOGA-A more athletic approach to yoga with emphasis on core and upper body strengthening. This is not a beginner yoga class; some experience is recommended. Please bring a towel and water.

SAMPOORNA (COMPLETE) YOGA WITH ANDREW- A strong foundation, movement with breath and meditation is emphasized in Andrew's classes. The sequence of postures is structured so that one prepares the body to get into the next, allowing a deep practice. The physical practice is strong, but students of all ages and abilities are welcome.

VINYASA YOGA WITH HOJOUNG-Vinyasa integrated as modified Ashtanga and Hatha. Emphasis on traditional yogic principles: Pranayama(breathing), Bandhas (belly & root locks), and Dristi (focus/concentration). Rigorous posturing allows natural self-heating to purify thru breath/sweat. Demands both physical and mental progress.

YOGA FLOW WITH JAYADEVA-Jayadeva, who began teaching yoga 1969, leads this comprehensive yoga class that incorporates physical challenge, mental focus and playfulness. Work with posture, yogic breathing, meditation, and more.

REGISTRATION

Annual Passes and Punch Cards are accepted in any Yoga or Pilates class. Participants MUST show their pass/card at each class or may be denied entry. There will be NO REFUNDS on punch cards or passes. **All punch cards/annual passes will expire on 6/30/11.**

12 Punch Card - \$85

24 Punch Card - \$110

36 Punch Card - \$130