



# Class Schedule

July 1-December 31, 2011

## MONDAY

6:45-7:30	True Meditation .....	Greg Aurand
7:45-9:00	Level 1 .....	Julie Wright
9:15-10:30	Level 1-2 Flow .....	Jill Van Meter
10:45-12:10	Level 2-3 Anusara Inspired .....	Paisley Close
4:30-5:45	Level 1-2 Anusara .....	Geri Portnoy
6:00-7:15	Level 1 .....	Geri Portnoy
7:30-8:45	Level 1-2 Flow .....	Valerie Zverina

## TUESDAY

7:45-9:00	Level 1-2 Anusara Inspired .....	Chris Morris
9:15-10:30	Level 2 Flow .....	Beth Corrick
10:45-12:00	Level 1 (w/live music) .....	Julie Wright
12:15-2:15	Level 3-4 Anusara .....	Geri Portnoy
4:30-5:45	Level 1-2 Anusara Inspired .....	Sara Tobin
6:00-7:25	Level 3-4 Iyengar .....	Roger Cole
7:30-8:55	Level 1-2 Iyengar .....	Roger Cole

## WEDNESDAY

6:45-7:30	True Meditation .....	Greg Aurand
7:45-9:00	Level 1-2 .....	Julie Wright
9:15-10:30	Level 1-2 Flow .....	Jill Van Meter
10:45-12:30	Level 2-3 Flow .....	Josh Vincent
12:45-2:00	Prenatal + Postnatal .....	Katie Beroukhim (infants up to 3 months)
4:30-5:45	Level 1-2 .....	Jeannette Cohan
6:00-7:15	Level 2 Anusara .....	Geri Portnoy
7:30-8:45	Level 1-2 Flow .....	Katie Beroukhim

## THURSDAY

7:45-9:00	Level 1-2 Anusara Inspired .....	Chris Morris
9:15-10:30	Level 2 Flow .....	Beth Corrick
10:45-12:00	Level 1-2 (w/live music) .....	Julie Wright
12:15-2:15	Level 3-4 Anusara Inspired .....	Paisley Close
4:30-5:45	Level 2 Anusara Inspired .....	Sara Tobin
6:00-7:15	Level 1-2 Anusara Inspired .....	Sara Tobin
7:30-8:45	Community Class .....	Staff

## FRIDAY

7:45-9:00	Level 1-2 .....	Julie Wright
9:15-10:30	Level 1-2 Flow .....	Lisa Fischer
10:45-12:45	Level 3-4 Flow .....	Josh Vincent
4:30-5:45	Level 1-2 Anusara Inspired .....	Paisley Close
6:00-7:15	Level 1-2 .....	Jeannette Cohan

## SATURDAY

6:45-7:30	True Meditation .....	Greg Aurand
8:00-9:15	Level 1-2 Anusara .....	Geri Portnoy
9:30-10:50	Level 2 Anusara .....	Geri Portnoy
11:00-12:15	Level 1 .....	Geri Portnoy
4:30-5:45	Level 1-2 Flow .....	Katie Beroukhim

## SUNDAY

8:00-9:20	Level 2 Anusara .....	Geri Portnoy
9:30-10:45	Level 1-2 Anusara .....	Geri Portnoy
11:00-12:15	Level 1-2 Flow .....	Jenn Smith
4:30-5:45	Level 1-2 .....	Margaret Vanasse

## CLASS DESCRIPTIONS

- LEVEL 1** Ideal for beginners of all ages. Includes basic postures and breathing. Gentle pace, emphasis on detailed instructions.
- LEVEL 1-2** For continuing students and beginners who want to challenge themselves.
- LEVEL 2** More challenging practice for continuing and intermediate students.
- LEVEL 2-3** For intermediate and advanced students.
- LEVEL 3-4** Deeper practice, includes more difficult postures, longer hold times. For intermediate and advanced students.

## STYLES OF HATHA YOGA

**ANUSARA/ANUSARA INSPIRED** Uplifting practice that integrates principles of alignment with yoga philosophy.

**FLOW** A faster moving vinyasa style class.

**IYENGAR** Systematic practice emphasizes precise technique of postures. Detailed alignment instructions and corrections.

**PRENATAL/POSTNATAL** Stretching & breathing. Cultivates strength, flexibility and relaxation. Suitable for all trimesters and mom with infants up to 3 months.

## ABOUT OUR CLASSES

Your first Class is Free with purchase of a class series (5, 10 or 21 classes) or monthly unlimited on your first visit.

- Drop-ins welcome · No reservations needed
- Wear comfortable exercise clothes
- Practice on an empty stomach
- Please arrive to class on time and without perfume
- Please turn off cell phones and pagers during class
- Schedule & Teachers are subject to change
- All classes taught at Yoga Del Mar are Hatha Yoga

## YOGA PRICES

Single Class .....	\$17
5 Classes 6 month limit .....	\$75
10 classes 6 month limit .....	\$145
20 classes 6 month limit .....	\$280
Monthly Unlimited .....	\$160
Monthly Unlimited w/Auto Pay (3 mo. min) .....	\$139
Three month Unlimited .....	\$450
Annual Unlimited .....	\$1600

## MEDITATION PRICES

Single Class .....	\$5
5 Classes 2 month limit .....	\$22
Monthly Unlimited .....	\$40
Mats for rent .....	\$1/class

Packages cannot be shared or transferred.

