

# Class Schedule

January 1 - June 30, 2008

## Monday

7:45-9:00	Iyengar 1-2	Gillian Barksdale
9:15-10:30	Level 2 Flow	Maria Zavala
10:45-12:10	Level 2-3 Flow	Maria Zavala
4:30-5:45	Anusara 1-2	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	Anna Laramiee
9:15-10:30	Level 1-2	Beth Corrick
<b>NEW</b> 10:45-12:00	Level 1-2 (w/live music)	Nikyta Palmisani
12:15-2:15	Anusara 3-4	Geri Portnoy
4:30-5:45	Level 1-2 Flow	Sara Tobin
6:00-7:25	Iyengar 3-4**	Roger Cole
7:30-8:55	Iyengar 1-2**	Roger Cole

## Wednesday

7:45-9:00	Iyengar 1-2	Gillian Barksdale
9:15-10:30	Level 1-2 Flow	Michelle Bouvier
10:45-12:30	Level 2-3 Flow	Josh Vincent
4:30-5:45	Level 1-2	Jeannette Cohan
<b>NEW</b> 6:00-7:15	Level 1-2	Anna Laramiee
<b>NEW</b> 7:30-8:45	Level 2	Sandra Rudin

## Thursday

7:45-9:00	Level 1-2	Sara Tobin
9:15-10:30	Level 2	Beth Corrick
<b>NEW</b> 10:45-12:00	Level 1	Margaret Vanasse
12:15-1:30	Prenatal	Margaret Vanasse
4:30-5:45	Level 2 Flow	Sara Tobin
6:00-7:15	Level 1-2	Michelle Bouvier
<b>NEW</b> 7:30-8:45	Level 1-2	Deborah Volkots

## Friday

7:45-9:00	Iyengar 1-2	Gillian Barksdale
9:15-10:30	Level 1-2 Flow	Anna Laramiee
10:45-12:30	Level 3-4 Flow	Josh Vincent
4:30-5:45	Level 1-2 Flow	Josh Vincent
6:00-7:15	Level 1-2	Jeannette Cohan

## Saturday

8:00-9:15	Anusara 1-2	Geri Portnoy
9:30-10:50	Anusara 2	Geri Portnoy
11:00-12:15	Level 1	Geri Portnoy
4:30-5:45	Level 1-2 Flow	Alison Reynard

## Sunday

8:00-9:20	Anusara 2	Geri Portnoy
9:30-10:45	Anusara 1-2	Geri Portnoy
11:00-12:25	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

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

Stretching & breathing. Cultivates strength, flexibility and relaxation. Suitable for all trimesters.

## Prices

Single class .....	\$17
5 Class Series (6 month limit).....	\$75
10 Class Series (6 month limit).....	\$145
20 Class Series (6 month limit) .....	\$280
Make it a Habit 21 Classes (60 day limit).....	\$220*
Monthly Unlimited (30 Day limit) .....	\$160
Monthly Unlimited with Auto Pay .....	\$150
Annual Unlimited.....	\$1600
Mat Rental .....	\$1 mat/class

## About our classes

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. Please arrive to class on time and without perfume. Practice on an empty stomach. Please turn off cell phones and pagers. Schedule and teachers are subject to change.

All classes taught at Yoga Del Mar are Hatha Yoga. Geri, Beth, Sara, and Susan teach Anusara inspired classes. See website for more details.

\*Make it a Habit Package limit one per student

\*\*Last class of the month is restorative (restful) yoga

**NEW** New time, level and/or teacher

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