



(Schedule also shows classes for Integral Yoga)

Effective Feb 1, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15-8:30 Hatha Flow with meditation Rebecca		7:15-8:30 Hatha Flow with meditation Rebecca		One With One Private Yoga and Energy Healing sessions with Elizabeth www.energyyogacenter.com/one-with-one.com		
9:30-11:30 Hatha II Integral	8:45-9:45 Vinyasa Barrie	9:15-10:45 Hatha Gretchen	9:00-10:30 Vinyasa Barrie	8:45 – 10:10 Iyengar Mimi	9:30-11:00 Energy Yoga Elizabeth	
	10:11:30 Hatha I Integral	11:30-12:30 Pilates by Jon	11:00-12:30 Hatha I Integral	10:25-12:15 Energy Yoga Elizabeth	11:15-12:45 Hatha I Integral	10:05-11:30 Hatha I Integral
12:00-1:30 Vinyasa Paula		1:30-2:45 Restorative Barrie		12:30-2:00 Hatha I Integral	1:00-2:30 Vinyasa Anngela	11:45-1:15 Iyengar Tzahi
	1:30-2:45 BodyFit For Women Cherlyn by appointment only		1:30-2:45 BodyFit For Women Cherlyn by appointment only		3:00-4:30 Gentle Integral	1:30-3:00 Hatha Kripalu style Gretchen
4:00-5:30 Hatha I Integral			4:15-5:45 Hatha I-II Integral	4:00-5:30 Hatha I Integral		3:15-4:45 Vinyasa Gil
6:00-7:30 Hatha I Integral	6:15-7:30 Hatha Meg	6:00-7:30 Hatha I Integral	6:00-7:30 Hatha Kripalu style Priti	Good Karma Card Take 10 classes in 4 months and get one FREE.		5:00-6:30 Hatha I - II Integral
7:40-9:10 Vinyasa Svetlana	7:40-9:10 Hatha I-II Integral	8:00-9:30 Iyengar Tzahi	7:35-9:20 Restorative Nehemiah	Mindful Movement, Mindful Creativity Adrienne by appointment only	Single \$20 with Credit Card \$21	7:00-9:00 Kirtan Integral TBA

Energy Yoga: Hatha/Vinyasa fusion influenced by Iyengar & Astanga. Designed to activate life-force energy.	Restorative: Rejuvenate with supported postures that create deep mind-body relaxation
Vinyasa: Flowing, dynamic style with special attention to alignment and breath.	Pilates Mat: Special focus on "core work"(abdominals, hips, and back) to develop a strong & supple physique while improving posture, coordination and alignment.
Hatha: Focus on posture & breath, holding poses for 1-2 minutes. Kripalu-style is gentle and focuses on merging consciousness with breath.	BodyFit For Women for strength and balance. By appointment only, contact Cherlyn 917.514.0957 kineticher@usa.net
Integral Yoga use of props, such as belts, blocks, and blankets, as aids in performing postures, minimizes the risk of injury or strain, and making the postures accessible to both young and old.	Hatha Flow Plus Meditation Sustained movement with emphasis on alignment plus a 15 meditation to get you ready for the day.
Integral Yoga Classes Integral Yoga Upper West Side http://www.iynyc.com/ (212) 721-4000	Namaste Yoga Center www.namasteyogacenter.net info@namasteyogacenter.net (212) 580.1778
	Mindful Movement, Mindful Creativity By appointment only, contact Adrienne 917-362-9770 adrienne.glasser@gmail.com

