NAMASTE YOGA

Come for your body, stay for your soul.

(Schedule also shows classes for Integral Integral Yoga Ccnter) Effective August 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:30 Hatha II Integral	**8:45-9:45 Vinyasa Barrie (NO AUGUST CLASS)**	**9:15-10:45 Vinyasa Glenn**	**9:15-10:45 Hatha Meg**	**9:15-10:20 Pilates Julia**	**9:30-11:00 Hatha Anngela**	**8:55-10:00 Pilates Julia**
	10:11:30 Hatha I Integral	**11:30-12:40 Pilates 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
		1:30-2:45 Restorative Barrie (NO AUGUST CLASS)		12:30-2:00 Hatha I Integral	**1:00-2:30 Vinyasa Annegela**	**11:45-1:15 Energy Yoga Sanctuary Elizabeth**
	3:15-4:15 Namaste Kids TBA	*3:15-4:15 Namaste Kids TBA*	*3:15-4:15 Namaste Kids TBA*		3:00-4:30 Gentle Integral	**1:30-3:00 Hatha Glenn**
4:00-5:30 Hatha I Integral	**4:30-6:00 Vinyasa Meg**		4:15-5:45 Hatha I-II Integral	4:00-5:30 Hatha I Integral	4:45-6:15 Hatha I Integral	**3:15-4:45 Vinyasa Glenn**
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**			5:00-6:30 Hatha I - II Integral
7:40-9:10 Vinyasa Gretchen	7:40-9:10 Hatha I-II Integral	**7:40-9:10 Vinyasa Kate**	**7:35-9:20 Restorative Nehemiah**	**Single $20 with Credit Card $21 Good Karma Card Take 10 classes in 4 months and get one FREE.**		7:00-9:00 Kirtan Integral TBA

Hatha: Focus on posture & breath, holding poses for 1-2 minutes. Kripalu-style is gentle and focuses on merging consciousness with breath.	Energy Yoga: Hatha/Vinyasa fusion influenced by Iyengar & Astanga. Designed to activate life-force energy.
Vinyasa:Flowing,dynamic style with special attention to alignment and breath.	Pilates: Refined body sculpting done on the floor, emphasis on core support.
Restorative: Rejuvnate with supported postures that create deep mind-body relaxation	

Integral classes conducted by Integral Yoga Center, Upper West Side 212.721.4000

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