



SUMMER 07 SYLLABUS

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SUMMER HAPPENINGS!

Chakra Series Continues: Guest teacher Judy Steward and Becky will lead an exploration of the energy centers of the body known as chakras. One workshop each month on Saturday mornings from 9:00 a.m. until noon, \$75 per person. Look for the brochure available at the studio for complete information.

Workshop V • June 16 The Heart Chakra
Love, Emotion and Relationships

Workshop VI • Sept. 15 The Throat Chakra
Will, Communication, Expression

NEW!!

Saturday Master Classes: June 23 and July 21; 9 a.m. until 11 a.m.; \$35 per person. Two-hour classes with specific focus to include vinyasa, backbends, inversions or restorative work to be determined by participant interest, areas and needs. Let us know what you'd like to study, practice or experience more of!

Summer Classes will be all about practicing postures, feeling good and having fun!

Summer A

7 Weeks/June and July

June 4 through July 23

Week of July 4 – No Classes

Summer B

7 Weeks/August and September

August 6 – September 24

Week of Labor Day – No Classes

Payment Options:

7 Week Session - \$100

Both Sessions - \$180

This guarantees your space for Fall!

*Extra/Individual Classes/Guest Fee
\$15 per class, space permitting*

Mon	Tue	Wed	Thu	Fri	Sat
Vinyasa 4:30 – 6 P	Beyond Basics 5:30 – 7 P	Vinyasa 8:30 – 10 A Basics 5:30 – 7 P	Beyond Basics 5:15 – 6:45 P	<i>Private session and massage times available Monday thru Friday</i>	Chakra Series: June 16 Sept. 15 9 to Noon • \$75 Master Classes: June 23 July 21 9 to 11 • \$35

Basics – A detailed study/review of foundational concepts; best for beginners and/or those seeking a lighter *physical* work load.

Beyond Basics – Uses foundational concepts for postures requiring additional strength, balance and body awareness; best for physically fit beginners and/or more seasoned students seeking to expand their ability.

Vinyasa – Explores yoga postures/concepts through flow sequencing and requires upper body, back and leg strength and stamina; best for students familiar with foundational concepts and accustomed to regular exercise.