

July 2010



Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Studio Closed	2 Studio Closed	3 Studio Closed	4 Studio Closed
5 9:15-10:30 Viny. Flow Int./ Barb 5:30-6:45 Gentle / Barb **7-8:15 Slow Flow / Laura	6 7:30-8:45 Gentle / Barb 9:15-10:30 Slow Flow / Barb **12:00-1:00 Slow Flow "Rock Your Asana" / Candy 5:30-6:45 Prenatal / Cherise 7:30-8:15 Zumba / Nina	7 7:30-8:45 Viny. Flow Int. /Jeff 9:15-10:30 Yoga Chall. / Jeff 5:30-6:45 Slow Flow / Rae 7-8:15pm Viny. Flow Int./ Rae	8 7:30-8:45 Gentle / Rae 9:15-10:30 Slow Flow / Rae 10:45-12:00 Mom & Baby Yoga / Sage 5:30-6:30 Yoga Core / Jeff	9 7:30-8:45 Slow Flow /Cherise 9:15-10:30 Power Flow / Rae **4:30-5:45 Slow Flow / Alden	10 8-9:00 Yoga Core /Jeff 9:15-10:30 Yoga Challenge / Jeff 11:00-12:00 Power Flow / Jeff	11 7-8:15AM BEACH YOGA at Harbor Beach (Gentle Athletic) 9:15-10:30 Gentle Yoga/ Barb
12 9:15-10:30 Viny. Flow Int./ Barb 5:30-6:45 Gentle / Barb **7-8:15 Slow Flow / Laura	13 7:30-8:45 Gentle / Barb 9:15-10:30 Slow Flow / Barb **12:00-1:00 Slow Flow "Rock Your Asana" / Candy 5:30-6:45 Prenatal / Cherise 7:30-8:15 Zumba / Nina	14 7:30-8:45 Viny. Flow Int. /Jeff 9:15-10:30 Yoga Chall. / Jeff 5:30-6:45 Slow Flow / Rae 7-8:15pm Viny. Flow Int./ Rae	15 7:30-8:45 Gentle / Rae 9:15-10:30 Slow Flow / Rae 10:45-12:00 Mom & Baby Yoga / Sage 5:30-6:30 Yoga Core / Jeff	16 7:30-8:45 Slow Flow / Rae 9:15-10:30 Power Flow / Rae **4:30-5:45 Slow Flow / Alden	17 8-9:00 Yoga Core /Jeff 9:15-10:30 Yoga Challenge / Jeff 11:00-12:00 Power Flow / Jeff	18 9:15-10:30 Gentle Yoga/ Barb
19 9:15-10:30 Viny. Flow Int./ Barb 5:30-6:45 Gentle / Barb **7-8:15 Slow Flow / Laura	20 7:30-8:45 Gentle / Barbara 9:15-10:30 Slow Flow / Barb **12:00-1:00 Slow Flow "Rock Your Asana" / Candy 5:30-6:45 Prenatal / Cherise 7:30-8:15 Zumba / Nina	21 7:30-8:45 Viny. Flow Int. /Jeff 9:15-10:30 Yoga Chall. / Jeff 5:30-6:45 Slow Flow / Rae 7-8:15pm Viny. Flow Int./ Rae	22 7:30-8:45 Gentle / Rae 9:15-10:30 Slow Flow / Rae 10:45-12:00 Mom & Baby Yoga / Sage 5:30-6:30 Yoga Core / Jeff	23 7:30-8:45 Slow Flow /Cherise 9:15-10:30 Power Flow / Rae **4:30-5:45 Slow Flow / Alden	24 8-9:00 Yoga Core /Jeff 9:15-10:30 Yoga Challenge / Jeff 11:00-12:00 Power Flow / Jeff	25 7-8:15AM BEACH YOGA at Harbor Beach (Vinyasa Flow Int.) 9:15-10:30 Gentle / Barb
26 9:15-10:30 Viny. Flow Int./ Barb 5:30-6:45 Gentle / Barb **7-8:15 Slow Flow / Laura	27 7:30-8:45 Gentle / Barbara 9:15-10:30 Slow Flow / Barb **12:00-1:00 Slow Flow "Rock Your Asana" / Candy 5:30-6:45 Prenatal / Cherise 7:30-8:15 Zumba / Nina	28 7:30-8:45 Viny. Flow Int. /Jeff 9:15-10:30 Yoga Chall. / Jeff 5:30-6:45 Slow Flow / Rae 7-8:15pm Viny. Flow Int./ Rae	29 7:30-8:45 Gentle / Rae 9:15-10:30 Slow Flow / Rae 10:45-12:00 Mom & Baby Yoga / Sage 5:30-6:30 Yoga Core / Jeff	30 7:30-8:45 Slow Flow /Cherise 9:15-10:30 Power Flow / Rae **4:30-5:45 Slow Flow / Alden	31 8-9:00 Yoga Core /Jeff 9:15-10:30 Yoga Challenge / Jeff 11:00-12:00 Power Flow / Jeff	

Special Note:

The classes with ** are KARMA CLASSES being taught by the new graduates of the 1st YOGA ON YORK 200hr. Teacher Training.

These classes are donation classes with the money raised going to the Haiti Relief Fund and Joshua's Book of Dreams.
(Class cards will not be used for these classes.)

For More Information Visit Our Website at:

www.YogaOnYork.com

class Descriptions

beginner-friendly,
FORM classes - The 3 classes listed below are foundational classes that teach you the correct alignment of the yoga postures. Each class will move you through a great, athletic work-out of mindful strengthening and stretching. **New to Yoga? Start with Gentle Athletic Yoga first and then Yoga Challenge and Slow Flow.**

GENTLE ATHLETIC YOGA A slower-paced class in which to mindfully stretch and strengthen the physical body while relaxing the mind through the focus on the deep, rhythmic flow of the breath. Posture sequences will vary from day to day allowing you to learn a variety of yoga postures. Slow Sun Salutation sequence is taught in this class. Great for those new to yoga, those with mild injuries and those preferring a less vigorous yoga class. Studio temp. is approx. 75 degrees. [All levels]

YOGA CHALLENGE I www.tonysanchezyoga.com
A traditional style of athletic yoga from Calcutta, India. This set sequence of 42 classical postures builds strength, flexibility, balance and focus. Postures can be easily modified to for prior injuries or pregnancy. A great sequence for back health. Studio warmed to 82-88 degrees. [All levels]

VINYASA SLOW FLOW A more vigorous, beginner-friendly athletic yoga class that gets you moving with the flow of your breath. Sun Salutations, breath-to-movement flow of the Ashtanga lineage, a wide variety of standing and floor postures are taught with attention to proper alignment and safety. Build your strength, and flexibility. Studio is warmed to 82 - 88 degrees. [All levels] **“Rock Your Asana” on Tuesdays is a high-energy Slow Flow set to the best of rock and pop music.**

intermediate classes -
Build upon your foundational knowldge learned in the beginner friendly classes with these intermediate classes which are faster paced, more vigorous and explore more challenging postures.

VINYASA FLOW INTERMEDIATE Vigorous flowing class of Sun Salutations and challenging posture sequences are coordinated with the Ujjayi breath to build stamina, strength, flexibility and unite mind-body-Spirit in a focused "moving meditation". You will leave sweaty, invigorated and centered. Studio temp. 82 - 88 degrees. [Intermediate Level Class - Prerequisite= FORM Classes.]

POWER FLOW A variety of frequent arm balances keep the energy level high. Inversions are explored. Challenge yourself to go deeper into your breath-body flow and maintain your equanimity while mindfully challenging your personal edge. Sculpt your body, quiet your mind and energize your spirit. Room is warmed to 82 - 88 degrees. [An Intermediate-Advanced Level Class - For those already comfortable with Vinyasa Flow Intermediate]

YOGA CORE
Vigorous fitness class of intense core strengthening with the balancing effects of yoga. Powerful body sculpting class. Studio temp. to 82 - 88 degrees. [An Intermediate to Advanced Level Class]

specialty class
PRENATAL YOGA Classes are safe and appropriate for all stages of pregnancy, and can be enjoyed by yoga-beginners as well as seasoned yoga practitioners. The yoga postures are skillfully chosen to promote vibrant prenatal health and strength. Experience the therapeutic effects of yoga to relieve common pregnancy-related discomforts. Receive your physicians or midwives verbal "ok" to exercise prior to coming to your first class.

class Rates

Single Class Drop-In Rates

Drop-In	\$14.
Full-Time Student	\$10.
Yoga Instructor Rate	\$10.

Multiple-Class Cards

3 Class card / valid 3 months	\$36.
5 Class card / valid 3 months	\$60.
10 Class card / valid 6 months	\$110.
20 Class card / valid 1 year	\$200.

Monthly Unlimited Cards (good for all regularly scheduled "drop-in" style classes)

1 Month Unlimited Card	\$95.
3 Month Unlimited Card	\$270.

Class Card Policy

- Cards may not be shared or transferred.
- Cards and Gift Certificates are non-refundable.
- Receive full credit for all unused classes on an expired card with purchase of a new class card.
- Effective June 1, 2008, cards expired for greater than one year are eliminated from the system.

Payments Policy

We accept Mastercard, Visa, cash and personal checks.

PLEASE NOTE:

Yoga On York is dedicated to supporting the mind, the body, and the spirit – we do not want the wallet to get in the way! If our fees make it difficult for you to attend classes, we offer a yoga-by-donation option where you simply pay what you can.

YOGA ON YORK specializes in athletic, mind-body fitness classes. In all classes, we instruct on safe execution and alignment of the exercises and encourage you to "listen to your body" and move safely with awareness. We are fully available to you to help you modify posture to make them safe for your individual body.

If due to injury, de-conditioning, or personal preference, you need a less athletic, slower-paced style of yoga we suggest trying the Iyengar Style Yoga Classes at York Hospital's Heart Health Institute 207-351-3700 or York Adult. Ed. yoga classes.



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