



SUMMER 2008

June 1st - August 31st

1113 East Carson Street - 3rd Floor
www.breathe-yogastudio.com
412/481.YOGA (9642)

CLASS DESCRIPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-11:30 am YOGA: Open w/ Terry 3-5:15 pm YOGA: Meditation Workshop w/ Joni (6/22 & 8/17 only) YOGA: Chakra Workshop w/ Kendell (4th SUNDAYS: 6/29, 7/27, & 8/24 only) 5:30-7 pm YOGA: Restorative w/ Lori/Rebecca (2nd & 4th SUNDAYS: 6/8, 6/22, 7/13, 7/27, 8/10, & 8/24 only)	9:30 - 11 am MODERN DANCE: 2 (\$8/class) w/ LABCO (July classes only) 5:45 - 7:15 pm YOGA: Open w/ Kristi 7:30 - 9 pm YOGA: 2 w/ Maggie	9 - 10:15 am YOGA: Open w/ Rebecca 12-1 pm YOGA: Open w/ Kristi 3:30-5 pm CAPOEIRA: 1 w/ Tasha (begins August 5th no classes June/July) 5:45-7:15 pm YOGA: 2 w/ Melissa 7:30-9 pm YOGA: Open w/ Heidi	9:30 - 11 am MODERN DANCE: 2 (\$8/class) w/ LABCO (July classes only) 5:45 - 7:15 pm YOGA: Open w/ Lori 7:30-9 pm YOGA: Basics w/ Lori	5:45 - 7:15 pm YOGA: Open w/ Rebecca 7:30 - 9 pm YOGA: 2 w/ Rebecca	no classes 7/4 10 - 11:30 am YOGA: Open w/ Maggie 12-1 pm YOGA: Open w/ Maggie 6:30 - 8 pm YOGA: YogaRhythmics® (donation class) w/ Nicole (3rd FRIDAYS: 6/20, 7/18, & 8/15 only) 6:30 - 8 pm YOGA: Open (\$5 class) w/ Rebecca (4th FRIDAYS: 6/27, 7/25, & 8/22 only)	8:15 - 9:45 am YOGA: Basics w/ Kristi 10 - 11:30 am YOGA: 2 w/ Susie 1-3 pm BELLY DANCE: Workshop (zafiradance.com for pricing) w/ Olivia/Maria (6/14, 7/19, & 8/23 only) 3:30 - 5 pm CAPOEIRA: 2 w/ Tasha (begins August 2nd no classes June/July)

YOGA: Basics
 Perfect for the **new student** just beginning the study of yoga or for **any student** who would like to slow down and reinvestigate their practice. This class will concentrate on fundamental hatha yoga postures with an emphasis on basic breath support, alignment and appropriate modifications.

YOGA: Open
 This class will guide **all levels** of students (beginner and up) through a well-rounded practice including seated meditation, pranayama, (breathing exercises), and a flowing asana practice exploring variations of Surya Namaskara (Sun Salutation), a wide range of standing and seated poses, and beginning arm balances and inversions. **4th Friday classes are themed - please refer to our website for more information.**

YOGA: 2
 A fun and challenging flow class for **intermediate to advanced** level students working to deepen their practice. Seated meditation, pranayama (breathing exercises), Surya Namaskara (Sun Salutation) variations, core strengthening, and a wide range of standing and seated postures, arm balances, and inversions will be included. Previous yoga experience recommended.

YOGA: Restorative
 This **all levels** restorative practice will include "active relaxation" - supporting the body with blankets, blocks, and other props to support postures which are held for several minutes. This will alternately stimulate and relax the body allowing it to move towards balance. This practice is very beneficial to health, can reduce the effects of stress-related disease, and will leave you nourished and well rested.

YOGA: YogaRhythmics®
 YogaRhythmics® combines yoga postures, breathwork, free-form movement, and creative play in one exhilarating class. You will leave feeling refreshed - awakening your inner child at times - with a big smile on your face. No dance or yoga experience required - just a willingness to move and BE MOVED!

YOGA: Meditation Workshops
 These workshops begin with a short warm up of gentle yoga, then focus on several different meditation and breath techniques (with stretching breaks in between). The session ends with Yoga Nidra, a deep guided relaxation. Whether you're new to meditation or experienced, join us and enjoy the positive energy and feeling of community when we meditate together!

YOGA: Chakra Workshops
 This series of workshops is designed to open and balance the 7 main centers within the body - known as Chakras or energy "wheels." The workshops will include a vinyasa style class mixed with classic Kundalini Yoga exercises and meditations to bring you to a place of wholeness. It is a fun flowing workshop for all levels however, some yoga experience is helpful.

BELLY DANCE: Workshops
 Join Olivia Kissel & Maria Hamer from Zafira Dance Company for unique workshops incorporating Tribal Belly Dance, Contemporary, and Ethnic Dance forms. Monthly topics TBA. visit www.zafiradance.com for more information.

MODERN DANCE: 2 (LABCO)
 Laboratory Company Dance (LABCO) is a contemporary dance company dedicated to the presentation, production, creation, and teaching of contemporary dance. These intermediate/advanced level classes are taught by the artistic director and company members.

CAPOEIRA: 1 & 2
 Capoeira is a martial art that was started by African slaves in Brazil over 400 years ago. Capoeira blends aspects of dance, acrobatics, and fighting into a dialogue that is "played" or "spoken" between individuals. Capoeira "games" are accompanied by musical instruments like the berimbau, the atabaque, and the pandeiro, and participants clap and sing to give the "players" energy. Capoeira training teaches all of these elements and also inspires discipline, self confidence, and respect.

PRICING, CLASSES & EVENTS SUBJECT TO CHANGE - PLEASE REFER TO OUR WEBSITE FOR UPDATES - www.breathe-yogastudio.com

PRICING

(unless noted otherwise)

CLASSES:

\$5 introductory - new students
 \$13 drop-in

CLASS PASSES:

(valid for 6 months)
 \$40 for 4 classes (\$10/class)
 \$72 for 8 classes (\$9/class)
 \$96 for 12 classes (\$8/class)

STUDENT/SENIOR:

(w/ college ID or age 60+)
 \$8 drop-in
 \$65 unlimited one month pass

WORKSHOPS:

\$20 in advance
 \$25 day of workshop

BYS ACCEPTS CASH, CHECKS,
 VISA & MASTERCARD



check out our full listing of weekend events & workshops on the opposite side of this schedule including **OUTDOOR YOGA CLASSES**

all classes are on-going

DROP-INS WELCOME

no pre-registration required - just arrive a few minutes early!