

Asheville YOGA center

239 S. Liberty St. Asheville, NC 28801 | 828.254-0380 | youryoga.com

Class Schedule June - July, 2009

Monday

| | |
|-------------|---------------------------------|
| 8:15-9:15am | Flow Yoga Level 1 w/ Caitlin |
| 9:30-10:30 | Flow Level 1&2 w/ Katie \$6 |
| 11:00-12:00 | Gentle Yoga Flow w/ Sarah Jane |
| 12:15-1:45 | Anusara Level 1&2 w/ Joe |
| 2:00-3:30 | HOT Ashtanga 1 w/ Stephanie \$9 |
| 3:45-4:45 | Prenatal Yoga w/ Jane Anne |
| 5:30-7:00 | HOT Dynamic Flow 1&2 w/ Shala |
| 7:15-8:45pm | HOT Kundalini Yoga w/ Sierra |

Tuesday

| | |
|-------------|-----------------------------------|
| 8:15-9:15am | Flow Yoga Level 1&2 w/ Brooke |
| 9:45-10:45 | Gentle Yoga Level 1 w/ Mado \$6 |
| 12:15-1:45 | HOT Dynamic Flow 1&2 w/ Shala |
| 4:00-5:00 | Flow Yoga Level 1 w/ Neely |
| 5:30-6:30 | Gentle Yoga Level 1 w/ Chenin |
| 6:45-8:15pm | HOT Dynamic Flow 2&3 w/ Stephanie |

Wednesday

| | |
|-------------|--|
| 8:15-9:15am | Anusara Level 1&2 w/ Joe |
| 9:30-10:30 | Flow Level 1 w/ Neely |
| 12:15-1:45 | Anusara Inspired Level 1&2 w/ Kelly |
| 2:30-3:30 | Yin Yoga Level 1 w/ Julia \$6 |
| 3:45-4:45 | Flow Yoga Level 1&2 w/ Julia |
| 5:30-6:30 | Anusara Inspired Yoga Level 1 w/ Kelly |
| 6:45-8:15pm | Anusara Level 2 w/ Joe |

Thursday

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| 8:15-9:15am | Flow Yoga Level 1&2 w/ Mado |
| 10:00-11:00 | Flow Yoga Level 1&2 w/ Sarah Jane \$6 |
| 12:15-1:45 | HOT Dynamic Flow 1&2 w/ Shala |
| 4:00-5:00 | Yin Yoga Level 1 w/ Libby \$6 |
| 5:30-6:50 | HOT Flow Yoga Level 1&2 w/ Shala |
| 7:00-8:30pm | HOT Kundalini Yoga w/ Sierra |

Friday

| | |
|-------------|--|
| 7:30-8:30am | HOT Flow Yoga Level 1&2 w/ Spencer \$6 |
| 8:45-10:15 | HOT Flow Yoga Level 1&2 w/ Lia |
| 10:30-12:00 | HOT Ashtanga Mix w/ Steph or Evaa \$9 |
| 12:15-1:15 | Back Care Yoga Level 1 w/ Stephanie |
| 4:00-5:00pm | HOT Flow Yoga Level 1&2 w/ Candra |

Saturday

| | |
|-------------|---------------------------|
| 11:00-12:30 | Anusara All Levels w/ Joe |
|-------------|---------------------------|

Sunday

| | |
|-------------|---------------------------------|
| 4:15-5:30pm | Flow Yoga Level 2 w/ Mado \$7 |
| 5:45-6:45pm | Hot Baptiste Flow w/ Melissa |
| 7:00-8:00pm | Gentle Yoga Level 1 w/ Anna \$6 |

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Directions

Take exit 5a off of 240, go NORTH on Merrimon Ave./HWY 25. At the first main light, E. Chestnut St., go right. Go one block. We are on the right at the corner of E. Chestnut St. and S. Liberty St., in an old brick building.

Free street parking on E. Chestnut and S. Liberty. PLEASE DO NOT PARK IN WADE HALL OR OTHER LIBERTY ST. BUSINESS SPOTS, thanks.

Class Fees

60 minute class:

- Drop in fee \$11.00
- Series of eight \$78.00 (9.75 per class)
- Series of twelve \$114.00 (9.50 per class)
- Series of twenty \$180.00 (9.00 per class)
- Community-Priced Flow Yoga \$6

80-90 minute class:

- Drop in fee \$14.00
- Series of eight \$98.00 (12.25 per class)
- Series of twelve \$144.00 (12.00 per class)
- Series of twenty \$220.00 (11.00 per class)
- Community-Priced Flow Yoga \$9

Unlimited Series: 1 month for \$120, 3 months for \$300

SERIES GOOD FOR THREE MONTHS (except unlimited)

- Series extensions granted for emergencies only.
- No pre-registration necessary for any classes - drop ins welcome.
- No sharing of series. Not even couples.
- Beginners please consider "Gentle", "Back Care" or "Level 1"
- Children under 13 Free in regular classes.
- Cash/Check/Visa/Mastercard Accepted. Gift Certificates Available.
- We also have occasional Work-Trade Positions available for a discount on Yoga classes please call 254-0380.
- 10% discount for Elders over 60.
- \$6 & \$9 classes are offered at a discount to access a broader economic community.

Student Information

- **HOT yoga and some dynamic classes are heated to 80 degrees and hotter, Please bring your own mat and towel.**
- PLEASE BE ON TIME!.. All classes begin and end promptly. The doors lock 15 minutes after class begins. Come early and unwind before class, and please keep conversations to a minimum.
- Be prepared to practice barefoot with loose/stretchy comfortable clothes for all classes.
- Mats and props are provided, although owning your own mat is strongly recommended. We sell a large variety.
- For your comfort do not eat a large meal 2 hours prior to class.
- Please do not wear heavy cologne, perfumes, essential oils or large jewelry to class.
- If you have a heart condition or any other serious ailment, please let your instructor know BEFORE class begins.
- Remember, breathe! ...and smile. Yoga should always feel good, never painful.

May all beings know peace and be free from suffering

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