

Class Schedule

March, 2010

Monday

8:30-10:00am	Flow Yoga Level 1&2 w/ Caitlin \$9
10:15-11:45	Kundalini Yoga w/ Sierra
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 Jivamukti Yoga w/ Michael

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
2:30 - 3:30	Filmed Mix w/ guest instructor \$6
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	HOT Dynamic Flow 1 & 2 w/ Jakob
2:30-3:30	Yin Yoga Level 1 w/ Anna \$6
3:45-4:45	Flow Yoga Level 1&2 w/ Anna
5:30-6:30	Anusara Inspired Yoga Level 1 w/ Kelly
6:45-8:15pm	Anusara Level 2 w/ Joe

Thursday

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
4:00-4:45	Pretzel Kids Yoga w/ Jane Anne \$10
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/ Sparkle \$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
1:30-3:00	HOT Jivamukti Yoga w/ Michael
4:00-5:00pm	HOT Flow Yoga Level 1&2 w/ Candra

Saturday

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

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

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Asheville Yoga Center

239 S. Liberty St. 254-0380 youryoga.com

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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