

SPECIAL EVENTS

All special events require pre-registration

ANATOMY FOR YOGA with Lorraine Aguilar

Anatomy & Alignment of the Torso and Ribcage

July 24 & 25 1:45-5:30pm \$140

Anatomy & Alignment of the Shoulder and Upper Arm

August 21 & 22 1:45-5:30pm \$140

INTRODUCTION TO ASHTANGA YOGA

with Lorraine Aguilar - \$40 per weekend

Saturday, July 10 9:30-11:30am more seated postures

Saturday, August 14 9:30-11:30am closing sequence

CINEMA NIGHT

Monthly film viewing to inspire and educate. Followed by short discussion and sharing. Bring a snack or beverage to share.

Donations welcome to support charities helping

Earthquake victims in Haiti, Chile & Tibetans in China.

"Food Matters" - Saturday, July 10 7:30-10pm

"Yoga Unveiled" - Saturday, August 14 7:30-10pm

Call to reserve spot.

DROP-IN CLASS FEES

Single class \$18 / Semester Class drop-in \$20

5-class series \$85 / 10-class series \$160

20-class series \$280 / 30-class series \$390

Special 2-month summer unlimited pass \$300

1st time student 3 classes for \$39

Private Yoga \$100 / Yoga Therapy \$100

YOGA • HOLISTIC PHYSICAL THERAPY • BODY, MIND AND HEALING ARTS



YOGA FLOW
STUDIO

**july-
august 2010**

977 Glen Cove Avenue, Glen Head NY 11545
Tel. (516) 656-0672 • info@yogaflowstudio.com

www.yogaflowstudio.com

DROP-IN CLASSES

The following classes are offered on a drop-in basis. You may purchase a Series pass for these classes, which is valid for 3 months from date of 1st use and can be used for any drop-in class.

Not valid for the SEMESTER classes.

Mondays

			<u>No Class</u>
9:45-11:15am	Anusara Insp. level 2-3	Lorraine	7/5
11:45-1:00pm	Level 1	Melanie	7/5
6:00-7:15pm	Level 1	Leslie	7/5

Wednesday

9:30-10:45am	Level 1	Lorraine	
4:30-5:45pm	Level 1	Melanie	

Thursday

9:45-11:15am	Anusara Insp. level 2-3	Lorraine	
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Friday

9:30-10:45am	Level 1	Lorraine	
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Sunday

8:45-10:00am	Kundalini Yoga	Kuldip	
10:15-11:30am	Level 2	Melanie	7/4
11:45-1:00pm	Level 1	Melanie	7/4

SUMMER SEMESTER CLASSES

These classes are in addition to our regular drop-in classes. They are offered as a series of classes only and require pre-registration for the full session. **Drop-ins are allowed @ \$20 per class or \$2 additional fee with class series card.** Two make-ups will be allowed within the session time. Students with Unlimited Series may attend these classes.

			<u>No Class</u>
6 Mondays	July 12 - August 23	\$114	8/2
7:30-8:45pm	Yoga Motion	Lorraine	

8 Tuesdays July 6 - August 24 \$144

6:00-7:15pm	Ashtanga led level 1-2	Karen	
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6 Wednesdays July 7 - August 11 \$120

6:00-7:15pm	Beginners	Lorraine	
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8 Thursdays July 1 - August 19 \$152

6:00-7:15pm	Ashtanga led level 2	Lorraine	
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Sign up for 2 semester classes receive \$10 off.

Sign up for 3 semester classes receive \$15 off.

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