

SPECIAL EVENTS

All special events require pre-registration

BREEMA BODYWORK WORKSHOP

with Mary-Beth Charno

Learn and exchange Breema Bodywork sequences. Breema supports balance between mind, body and feelings in an atmosphere of harmony and non-judgement.

Saturday, March 6 1:00-5:00pm \$45

BREATH WORKSHOP with Gary Adelman

Learn more about breathing thru the Alexander Technique, which is unique in its insights into natural effortless movements and breathwork.

Wednesday, March 10 6-7:30pm \$25

INTRODUCTION TO ASHTANGA YOGA

with Lorraine Aguilar

This is the first of a 5-part series of workshops introducing the fundamentals of Ashtanga Yoga.

Saturday, March 13 12:30-2:30pm \$40

DROP-IN CLASS FEES

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

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

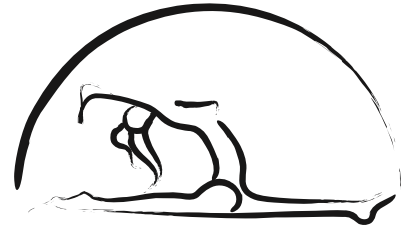
20-class series \$280 / 30-class series \$390

1 month unlimited \$160 / 3 months unlimited \$480

1st time student 3 classes for \$45

Private Yoga \$100 / Yoga Therapy \$100

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



YOGA FLOW
STUDIO

**march-
april 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

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

3/29

Tuesday

5:45-7:00pm	Ashtanga level 1-2	Karen
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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
1:40-3:15pm	Ashtanga 2nd series	Lorraine

Friday

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

9:30-10:45am	Align & Flow level 2	Evelyn/Julie
11:00-12:15pm	Beginners	Evelyn/Julie

Sunday

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

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.

No Class

5 Mondays Mar 1 - Mar 29 \$95

7:30-8:45pm	Yoga Motion	Lorraine
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4 Mondays Apr 5 - Apr 26 \$76

7:30-8:45pm	Yoga Motion	Lorraine
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8 Wednesdays Mar 3 - Apr 28 \$150

6:00-7:15pm	Brand New Beginners	Lorraine	3/10
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No drop-ins permitted in this series.

8 Thursdays Mar 4 - Apr 29 \$150

6:00-7:15pm	Ashtanga level 1-2	Lorraine	4/8
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