

SPECIAL EVENTS

All special events require pre-registration

ANATOMY FOR YOGA with Lorraine Aguilar

Anatomy & Alignment of the Lower Arm (forearm, wrist & hand), yoga practice, injuries & yoga therapy

Saturday, October 16 2:30-5:30pm

Sunday, October 17 2:30-5:30pm

Register by Thursday, October 14 - \$140

ULTIMATE ENERGY CLEANSE IS BACK

A 7-day detox program.

Free orientation session on Tuesday, September 21 6:00pm.

Register by Monday, September 20.

NEW YOGA FOR KIDS CLASS

Ages 8-12 with Liz Goodstone

6 Saturdays, Sept 18 - Oct 30 (no class 10/9)

11am-12noon - \$90

Register by Thursday, September 9.

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

**september-
october 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	<u>No Class</u> 9/6, 10/11
11:45-1:00pm	Level 1	Melanie	9/6, 10/11
6:00-7:15pm	Level 1	Leslie	9/6

Tuesdays

6:00-7:15pm	Ashtanga level 1-2	Karen	10/26
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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	
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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	9/5
11:45-1:00pm	Level 1	Melanie	9/5

FALL 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 Tuesdays	Sep 7 - Oct 19	\$114	9/14
7:30-8:45pm	Yoga Motion	Lorraine	
8 Wednesdays	Sep 8 - Oct 27	\$160	
6:00-7:15pm	Beginners Yoga	Tamara	
9 Thursdays	Sep 2 - Oct 28	\$162	
6:00-7:20pm	Ashtanga led level 2	Lorraine	
6 Saturdays	Sep 19 - Oct 31	\$90	10/09
11:00-12noon	Yoga for Kids	Liz	

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