

NEWS & EVENTS

YOGA FLOW STUDIO welcomes back

BERYL BENDER BIRCH

Saturday, November 19 - One day workshop \$105
9:30-12:30pm - Yoga Asana, pranayama, meditation
1:30-3:30pm - Philosophy
Pre-registration required by November 17.

FREE COMMUNITY FILM NIGHTS @ YOGA FLOW

Wednesday, November 16 from 8-9:30pm
YOGA IS

a film about the transformational power of YOGA
Film is 62 minutes followed by short discussion.
Call or e-mail to reserve a spot.

Wednesday December 14 from 8-9:45pm

MARION WOODMAN: Dancing in the Flames

A powerful and insightful film exploring the life of renowned Jungian analyst Marion Woodman, celebrated for her work on feminine psychology and addiction. She explores the mystery of the soul's journey and holds wisdom to understanding the world's current crisis. Film is 83 minutes followed by short discussion.
Call or e-mail to reserve a spot.

ANATOMY FOR YOGA with Lorraine

Nov. 12, Dec. 3 & 10, Jan. 14, Feb. 11,
March 3 & 31, May 19, June 2
at Yoga For Life in Setauket. Inquire for details.

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



**november-
december2011**

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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	

Tuesdays

6:00-7:15pm	Ashtanga level 1-2	Karen	
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Wednesday

9:30-10:45am	Level 1	Jahara	
4:30-5:45pm	Level 1	Melanie	
6:00-6:25pm	Meditation	Jahara	\$8
6:30-7:30pm	Beginners Yoga	Jahara	

Thursday

9:45-11:15am	Anusara Insp. level 2-3	Lorraine	11/24
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Friday

9:30-10:45am	Vinyasa Flow, level 1	Denise	
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Saturday

9:00-10:15am	Level 1-2	Jahara	12/24
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Sunday

8:45-10:00am	Kundalini Yoga	Kuldip	11/6, 12/25
10:15-11:30am	Level 2	Melanie	12/25
11:45-1:00pm	Level 1	Melanie	12/25

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. **You must call to drop in (fee \$22 unless noted otherwise). 6 students minimum to run all classes.**

			<i>No Class</i>
6 Mondays	Nov 7 - Dec 19	\$120	11/28
7:30-8:45pm	Yoga Motion	Jahara	
4 Tuesdays	Nov 22 - Dec 20	\$100*	11/29
noon-1:35pm	Anusara Fundamentals	Lorraine	
6 Thursdays	Nov 3 - Dec 15	\$120	11/24
6:00-6:45pm	Kids Yoga, ages 7-9	Maria	
5 Saturdays	Nov 5 - Dec 17	\$100	11/19, 11/26
10:30-11:45am	Beginners Yoga	Jahara	
noon-12:45pm	Tween Yoga, ages 10-12	Maria	

*\$30 to drop in

CLASS FEES

Single class \$18 / Semester Class drop-in \$22

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

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

Unlimited classes for 1 month for new students \$60

3 classes for new students \$30 (cannot be shared!)

Unlimited classes for 2 months for all students \$250

Private Yoga \$100 / Yoga Therapy \$100