

SPECIAL EVENTS

YOGA & SCOLIOSIS WORKSHOP with Lorraine

Saturday, February 25 4-7pm - \$80 (part 1)

Saturday, March 31 11:30-4:30pm - \$80 (part 2)

or \$150 for both sessions

Workshop held at YOGA FOR LIFE in Setauket.

Inquire for details, pre-registration required by Feb. 22.

GODDESS WORKSHOP with Gabriella Von Elekes

Saturday, March 3 12:30-2:30pm

\$39 by Feb. 27 - \$45 after Feb. 27

BREAST CANCER YOGA WORKSHOP with Diana Ross

Sunday, March 11 2:00-5:00pm

\$45 by March 4 - \$50 after March 4

RESTORATIVE YOGA WORKSHOP with Barbara Beatus

Sunday, March 25 2:00-4:00pm

\$39 by March 18 - \$45 after March 18

CLASS FEES

Single class \$18 / **Semester Class drop-in** \$25

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

20-class series \$280

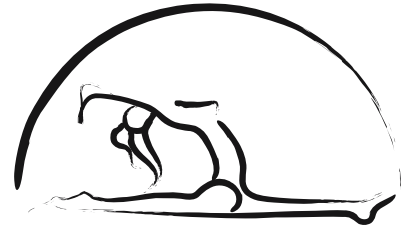
3 classes for new students \$30 (cannot be shared!)

Unlimited classes for 2 months for all students \$250

Private Yoga \$100 / **Yoga Therapy** \$100

Initial Evaluation PT/Yoga therapy \$120

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



YOGA FLOW
STUDIO

**march-
april 2012**

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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	<u>No Class</u> 4/9
11:45-1:00pm	Level 1	Melanie	
6:00-7:15pm	Level 1	Laura	

Tuesdays

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

9:30-10:45am	Ashtanga Fund, level 1-2	Lorraine	4/4
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	Vinyasa Flow level 1-2	Denise	
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Saturday

9:00-10:15am	Level 1-2	Stacey	
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Sunday

8:45-10:00am	Kundalini Yoga	Kuldip	3/18 & 4/8
10:15-11:30am	Level 2	Melanie	4/8
11:45-1:00pm	Level 1	Melanie	4/8

SPRING SEMESTER CLASSES

These classes are offered as a series only and require pre-registration for the full session.

Please call to drop in (fee \$25).

6 students minimum to run all classes.

<u>6 Mondays</u>	<u>Mar 19 - Apr 30</u>	<u>\$132</u>	<u>No Class</u> 4/9
7:30-8:45pm	Yoga Motion	Sharon	
<u>7 Tuesdays</u>	<u>Mar 6 - Apr 24</u>	<u>\$175</u>	4/3
noon-1:35pm	Anusara Insp. Fundamentals	Lorraine	
<u>7 Wednesdays</u>	<u>Mar 7 - Apr 25</u>	<u>\$140</u>	4/11
6:00-7:15pm	Beginners Yoga	Laura	

Pre-registration required by Monday, February 27

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