

SPECIAL EVENTS

PERUVIAN INCAN SHAMAN - prophecies for 2012:

you can take part in it! with Washi Gibaja Tapia

Wednesday, May 2 6:30-8:30pm

\$30 suggested donation. Register by April 30.

www.pathoftheheart.org - www.magicalourperu.com

VORTEX HEALING® - Divine Energy Healing

Experiential workshop in Energetic Anatomy
with Lorraine Stobbe Goldbloom

Wednesday, May 23 6:30-9:00pm

Pre-register with pre-payment by May 19.

www.vortexhealing.org - www.lorrainegoldbloom.com

VIBRATIONAL EFT with Gray Jeffrey & Victoria Bliss

The Medicine of Sound plus the techniques for emotional release.

Learn effective tools for: releasing trauma, stress, anxiety, physical pain, addictions, gaining insight, clarity and joyous lasting relief.

Wednesday, June 13 7-9pm - \$25 suggested donation

Pre-register with pre-payment by June 10.

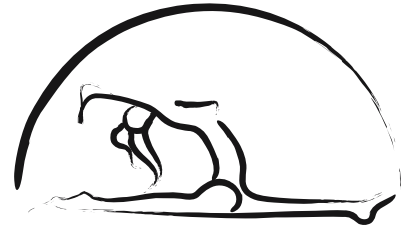
www.samanayo.com

YOGA FLOW STUDIO is available for workshops events and yoga parties for kids

Please inquire with Lorraine for fees and details.

lorraine@yogaflowstudio.com - (516) 656-0672

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



YOGA FLOW
STUDIO

**may-
june 2012**

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> 5/28 |
| 11:45-1:00pm | Level 1 | Melanie | 5/28 |
| 6:00-7:15pm | Level 1 | Laura | 5/28 |

Tuesdays

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

Wednesday

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

Thursday

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

Friday

| | | | |
|--------------|------------------------|--------|------|
| 9:30-10:45am | Vinyasa Flow level 1-2 | Denise | 5/25 |
|--------------|------------------------|--------|------|

Saturday

| | | | |
|--------------|-----------|--------|------------|
| 9:00-10:15am | Level 1-2 | Stacey | 5/26 & 6/9 |
|--------------|-----------|--------|------------|

Sunday

| | | | |
|---------------|----------------|---------|--------------|
| 8:45-10:00am | Kundalini Yoga | Kuldip | 6/10 * |
| 10:15-11:30am | Level 2 | Melanie | 5/13, 6/10 * |
| 11:45-1:00pm | Level 1 | Melanie | 5/13, 6/10 * |

* Studio Closed: May 25-28 and June 17

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.

| | | | |
|-------------------|----------------------------|--------------|-------------------------|
| 7 Mondays | May 7 - Jun 25 | \$150 | <u>No Class</u> 5/28 |
| 7:30-8:45pm | Yoga Motion | Sharon | |
| 8 Tuesdays | May 1 - Jun 19 | \$175 | |
| noon-1:35pm | Anusara Insp. Fundamentals | Lorraine | |

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

Semi-Private Yoga \$120

PT/Yoga Therapy \$110

PT Initial Evaluation \$120

All series have a 3-month expiration.

3-class card has a 1-month expiration.