

## **SPECIAL EVENTS**

### **URBAN ZEN CLASS & INFO SESSION**

**with Mary-Beth Charno, holistic oncology nurse**

Experience Yoga therapy, essential oils, Reiki and contemplative care to transform your body, mind & spirit.

**Friday, July 19** 6-7pm - Free

**Wednesday, August 7** 7:45pm - Free

Please register with Marybeth - marybethcharno@yahoo.com.

### **ZERO BALANCING LEVEL 2 trainings** **with Charles Ruland**

Two complete weekends: **August 10&11 + August 16&18**

Zero Balancing is a unique and powerful Body/Mind System of Therapy designed to enhance health, reduce stress and balance the body and energy structures.

For more info see: [www.zerobalancing.com](http://www.zerobalancing.com)

Register with Chuck - zber@hotmail.com or 516-448-1853

### **NEW CLASS: Bodhi Meditation with Nan** **Mondays 7:30-8:30pm**

Experience how this unique meditation can help you purify your body/mind and unleash the creative power within you. Increase self-awareness, emotional intelligence, mental clarity, focus, inspiration. Learn more at [www.bodhimeditation.org](http://www.bodhimeditation.org)

### **300 HOUR YOGA TEACHER TRAINING** **with Lorraine - Coming this September 2013**

One weekend per month. Inquire for details.

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



**YOGA FLOW**  
STUDIO

**july-**  
**august 2013**

977 Glen Cove Avenue, Glen Head NY 11545  
Tel. (516) 656-0672 • [info@yogaflowstudio.com](mailto:info@yogaflowstudio.com)

**[www.yogaflowstudio.com](http://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	Align & Flow level 2-3	Lorraine	<i>No Class</i>
11:45-1:00pm	Level 1	Melanie	
6:00-7:15pm	Level 1	Laura	
7:30-8:30pm	Bodhi Meditation*	Nan	

### Tuesdays

6:00-7:20pm	Ashtanga level 2	Lorraine
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### Wednesday

9:45-11:00pm	Level 1-2	Stacey	7/3, 8/28
4:30-5:45pm	Level 1	Melanie	
6:00-7:20pm	Advanced Practice Flow	Lorraine	

### Thursday

9:45-11:15am	Align & Flow level 2-3	Lorraine	7/4, 8/29
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### Friday

9:30-10:45am	Yoga Tuneup, level 1	Melanie
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### Saturday

9:00-10:15am	Level 1-2	Stacey	7/6, 8/31
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## SUMMER SEMESTER CLASS

These classes are offered as a series only and require pre-registration for the full session. **Please call to drop in (fee \$25). 4 students minimum to run all classes.**

*No Class*

### 6 Saturdays\* July 13-August 17 \$120

10:30-11:45am Yoga 101 for Beginners Shannon

### 8 Tuesdays July 2 - August 20 \$200\*\*

12:05-1:45pm Alignment Immersion level 1-2 Lorraine

### 5 Thursdays July 25 - August 17 \$125

7:30-8:45pm Yoga Motion Sharon

\*NEW \*\*\$27 drop in fee.

Courses require pre-registration by June 28.

## CLASS FEES

Single class \$20 - Series drop-in \$25/\$27

5-class series \$90

10-class series \$175

20-class series \$300

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

Summer 2-month unlimited \$225 / Student \$195

Private Yoga \$120

Semi-Private Yoga inquire

Physical Therapy/Yoga Therapy \$125

PT Initial Evaluation \$175

*All series have a 3-month expiration.*

*3-class card has a 1-month expiration.*