

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>BLACK</b> = drop-in class / all welcome  <b>BLUE</b> = series, workshop, or semi-private / pre-registration required  <b>ORANGE</b> – reduced rate or by donation / all welcome</p>	<p>1  <b>12-1:00</b> LUNCHTIME YOGA/KATHY  <b>4:30-5:30</b> VINYASA FLOW/CINDY  <b>6-7:00</b> DONATION YOGA/MARY SAGE</p>	<p>2  <b>9:15-10:15</b> PI-YO/NIKKI  <b>11-NOON</b> GENTLE YOGA/LISA  <b>5:30-6:45</b> YIN YOGA/HOLLY P.  <b>7:15-8:15</b> INTRO TO MEDITATION &amp; PRANAYAMA /MARYSAGE</p>	<p>3  <b>6:30-7:30</b> SUNRISE YOGA/LU  <b>9-10:15</b> YOGA I &amp; II /MARY SAGE  <b>10:45-11:45</b> MOMMY &amp; ME PILATES/LEANNA  <b>5:30-6:45</b> HATHA I/LISA  <b>7:15-8:15</b> INTRO TO YOGA WEEK 4 OF 4/CINDY</p>	<p>4  <b>9:15-10:15</b> SEMI-PR PILATES/NIKKI  <b>11-NOON</b> ACTIVE SENIORS/LISA  <b>5:30-6:45</b> BEG. YOGA/DIANE</p>	<p>5  <b>9-10:15</b> YOGA I &amp; II /MARY SAGE  <b>11-NOON</b> HEALING YOGA/LISA  <b>6:30-8:00</b> YIN-ERGETICS®/LISA</p>	<p>6  <b>9-10:15</b> ALL LEVELS/DIANE  <b>11-12:30</b> YOGA FOR BACK STRENGTH WEEK 4 OF 4/MARY SAGE</p>
<p>7  <b>9-10:15</b> COMMUNITY YOGA /KARA \$7  <b>10:45-NOON</b> PREGNANCY YOGA /MARY SAGE  <b>1-6:00</b> REIKI I/JULIE</p>	<p>8  <b>12-1:00</b> LUNCHTIME YOGA/KATHY  <b>4:30-5:30</b> VINYASA FLOW/CINDY  <b>6-7:00</b> DONATION YOGA/MARY SAGE</p>	<p>9  <b>9:15-10:15</b> PI-YO/NIKKI  <b>11-NOON</b> GENTLE YOGA/LISA  <b>5:30-6:45</b> YIN YOGA/HOLLY P.  <b>7:15-8:15</b> INTRO TO MEDITATION &amp; PRANAYAMA /MARYSAGE</p>	<p>10  <b>6:30-7:30</b> SUNRISE YOGA/LU  <b>9-10:15</b> YOGA I &amp; II /MARY SAGE  <b>10:45-11:45</b> MOMMY &amp; ME PILATES/LEANNA  <b>5:30-6:45</b> HATHA I/LISA</p>	<p>11  <b>9:15-10:15</b> SEMI-PR PILATES/NIKKI  <b>11-NOON</b> ACTIVE SENIORS/LISA  <b>5:30-6:45</b> BEG. YOGA/DIANE</p>	<p>12  <b>9-10:15</b> YOGA I &amp; II /MARY SAGE  <b>11-NOON</b> HEALING YOGA/LISA  <b>6:30-8:30</b> YOGA DATE NIGHT /MARY SAGE &amp; DAVID   <i>A great Valentine's date!!</i></p>	<p>13  <b>9-10:15</b> ALL LEVELS/MARY SAGE</p>
<p>14 <i>Happy Valentine's Day</i>  <b>9-10:15</b> COMMUNITY YOGA /KARA \$7  <b>10:45-NOON</b> PREGNANCY YOGA /MARY SAGE  <b>2-4:00</b> REIKI CIRCLE (by donation, contact Julie w/ questions, 235-6283)</p>	<p>15  <b>12-1:00</b> LUNCHTIME YOGA/KATHY  <b>4:30-5:30</b> VINYASA FLOW/CINDY  <b>6-7:00</b> DONATION YOGA/MARY SAGE</p>	<p>16  <b>9:15-10:15</b> PI-YO/NIKKI  <b>11-NOON</b> GENTLE YOGA/LISA  <b>5:30-6:45</b> YIN YOGA/HOLLY P.  <b>7:15-8:15</b> INTRO TO MEDITATION &amp; PRANAYAMA /MARYSAGE</p>	<p>17  <b>6:30-7:30</b> SUNRISE YOGA/LU  <b>9-10:15</b> YOGA I &amp; II /MARY SAGE  <b>10:45-11:45</b> MOMMY &amp; ME PILATES/LEANNA  <b>5:30-6:45</b> HATHA I/LISA  <b>7:15-8:15</b> INTRO TO YOGA WEEK 1 OF 4/CINDY</p>	<p>18  <b>9:15-10:15</b> SEMI-PR PILATES/NIKKI  <b>11-NOON</b> ACTIVE SENIORS/LISA  <b>5:30-6:45</b> BEG. YOGA/DIANE</p>	<p>19  <b>9-10:15</b> YOGA I &amp; II /MARY SAGE  <b>11-NOON</b> HEALING YOGA/LISA  <b>5:30-6:30</b> LAUGHTER YOGA (by donation, contact Bob Banner w/ questions, 434-3950)</p>	<p>20  <b>9-10:15</b> ALL LEVELS/HOLLY  <b>1-3:00</b> RESORTATIVE YOGA WORKSHOP / MARY SAGE</p>
<p>21  <b>9-10:15</b> COMMUNITY YOGA /KARA \$7  <b>10:45-NOON</b> PREGNANCY YOGA /MARY SAGE</p>	<p>22  <b>12-1:00</b> LUNCHTIME YOGA/KATHY  <b>4:30-5:30</b> VINYASA FLOW/CINDY  <b>6-7:00</b> DONATION YOGA/MARY SAGE</p>	<p>23  <b>9:15-10:15</b> PI-YO/NIKKI  <b>11-NOON</b> GENTLE YOGA/LISA  <b>5:30-6:45</b> YIN YOGA/HOLLY P.</p>	<p>24  <b>6:30-7:30</b> SUNRISE YOGA/LU  <b>9-10:15</b> YOGA I &amp; II /MARY SAGE  <b>10:45-11:45</b> MOMMY &amp; ME PILATES/LEANNA  <b>5:30-6:45</b> HATHA I/LISA  <b>7:15-8:15</b> INTRO TO YOGA WEEK 2 OF 4/CINDY</p>	<p>25  <b>9:15-10:15</b> SEMI-PR PILATES/NIKKI  <b>11-NOON</b> ACTIVE SENIORS/LISA  <b>5:30-6:45</b> BEG. YOGA/DIANE</p>	<p>26  <b>9-10:15</b> YOGA I &amp; II /MARY SAGE  <b>11-NOON</b> HEALING YOGA/LISA</p>	<p>27  <b>9-10:15</b> ALL LEVELS/MARY SAGE</p>
<p>28  <b>9-10:15</b> COMMUNITY YOGA /KARA \$7  <b>10:45-NOON</b> PREGNANCY YOGA /MARY SAGE  <b>2-4:00</b> EXPAND YOUR PRACTICE / LISA / by donation</p>	<p><u>Special Intro Offer</u>  <b>45 Days Unlimited for \$45</b></p>	<p><u>Next Month: March is "Bring a Buddy Month."</u>                  For the entire month of March 2010, each time you bring a NEW client in to take advantage of our FREE INTRODUCTORY CLASS policy, YOU will be entered into a raffle to win a FREE 10xpass.                  The more buddies you bring, the greater your chance to win.</p>				

## CLASS DESCRIPTIONS

**Active Seniors:** Designed for the Central Coast's active retirees. Also appropriate for adults of any age.

**Beginning Yoga:** Ideal for students with 3 years or less yoga experience.

**Community Yoga:** This discounted weekend class, moderately paced, will challenge you to be present with your breath during a fun and invigorating practice.

**Donation Yoga:** A Hatha I class offered on a donation basis. All welcome.

**Expand Your Practice:** A strong asana practice teaching yoga principles for everyday life.

**Gentle Yoga:** Quiet, mindful poses focused on stretching, realignment of overused muscles due to participation in everyday tasks, and stress reduction.

**Hatha I & II:** ("ha" sun; "tha" moon) Representing opposing energies, Hatha is a practice in which the mind and body seek balance through poses (asanas) and controlled breathing (pranayama). Hatha I is appropriate for newcomers and ongoing beginners. Hatha II offers a stronger practice for yogis comfortable with their execution of the basic asanas and the incorporation of pranayama.

**Healing Yoga:** This class uses therapeutic poses and focuses on the healing aspects of yoga.

**Intro to Meditation & Pranayama:** The historical purpose of asanas (poses) was to prepare the body for extensive periods of meditation & pranayama (controlled breathing). This beginning level class helps individuals continue to grow as yogis by introducing pranayama techniques, benefits and practice methods.

**Intro to Yoga:** A 4-wk series introducing the basic practice, poses, breathing, and wellness benefits associated with yoga. This course is also good for any yogis who are currently practicing and would like to strengthen their foundation of knowledge, thus enhancing the return from their practice.

**Lunchtime Yoga:** Nourish your body and mind -- use your lunch break to participate in this gentle, yet invigorating practice. This hour-long class emphasizes correct alignment and using the breath to move deeper into poses to calm the mind, increase flexibility, and build strength. All levels welcome.

**Mommy & Me Pilates:** A morning class for moms in which they will learn strengthening exercises that incorporate activities and interaction with their young child. Also a great opportunity to spend quality time with their child and other moms and kids in a healthful environment.

**Pi-Yo:** Yoga-based stretching with Pilates-based exercises.

**Pregnancy Yoga:** This class will teach pregnant women postures, stretches, breathing, and relaxation tools to aid in their overall wellness during this most important time of their and their babies' lives.

**Reiki I & II:** Reiki I is an ancient Asian method that teaches self-healing through energy balancing. Reiki II teaches how to facilitate Reiki for others.

**Reiki Circle:** Free to the community, a monthly gathering of Reiki practitioners at all levels and non-Reiki practitioners to support one another in energy balancing and stress and pain relief.

**Restorative Yoga Workshop** To reduce stress, restore health, and move the body toward balance. Class will begin with a meditation, followed by a practice of yin poses, restorative poses supported with props, and pranayama. There will be a short writing exercise so please bring a journal or notebook. All levels welcome.

**Semi-Private Pilates:** Limited to 8 or less students to ensure a more directed practice for each individual.

**Sunrise Yoga:** A morning class offering a series of postures to wake your rested muscles and increase oxygen flow to your heart, as well as allowing time for focused breathing and intention setting for the day.

**Vinyasa Flow:** Movement coordinated with breath. Appropriate for strong beginners and above.

**Yin-Ergetics®:** While being supported in Yin Yoga postures, students are guided through healing meditations that promote deep peace and release on all levels -- physical, emotional, mental, and spiritual.

**Yin Yoga:** Longer, deeper stretching focused on the connective tissue and joints.

**Yoga I & II:** Strong enough for intermediate yogis, while still appropriate for students newer to the practice.

**Yoga Date Night:** A fun and relaxing evening introducing partner-assisted poses, in which one helps the other with balance and alignment, followed by restorative poses. No experience necessary.

**Yoga for Back Strength:** A 4-wk series for those who suffer from ongoing back pain, neck and shoulder stress, and/or struggle with poor posture and low energy. A simple yoga practice focused on exercises promoting spinal health and core strength can help to release tension and retrain the body into balance.

## CLASS FEES

Drop In = \$15/class

Drop In Senior = \$13/class

5x pass = \$70 (4-month expiration)

10x pass = \$113 (4-month expiration)

6 month unlimited = \$550

1 year unlimited = \$1050

Introductory Offer (new clients) = 45 days/\$45

Community Yoga = \$7

## SERIES / WORKSHOPS

Expand Your Practice = By donation

Intro to Yoga / 4-wk series = \$60

Reiki I = \$85

Restorative Yoga Workshop = \$30

Semi-Private Pilates = \$15/class

Yin-Ergetics® = \$22

Yoga Date Night\* = \$30/couple

*\*Fri, Feb 12, A great Valentine's date!!*

## EXTRAS

**Lisa Jansen** • 709-6437 • Thai Massage, Yoga Therapy, CranioSacral Therapy, Energy Healing, Intuitive Readings

**Lynda Foresman** • 801-7052 • Swedish Style, Hawaiian Lomi Lomi, Deep Tissue, Esalen Style, CranioSacral, Reiki, Hot Stone

**Julie McKenna** • 235-6283 • Reiki Therapy Sessions for adults and children, Reiki Level 1, 2, 3 Classes, Advanced Reiki Training

**Nikki Pool** • 501-4566 • Personal Trainer, Private and Semi-Private Pilates Sessions

**Holly Padove** • 440-4561 • Clinical Ayurvedic Specialist offering private & group consults.

**Mary Sage Syverson** • 863-7429 • Integrative Neurosomatic Therapy, Deep Tissue, CranioSacral, Swedish, Aromatherapy, and Pregnancy Massage

**Visit our retail store at 900 E Grand Ave.** CCY promotes smaller, eco-friendly clothing lines and local artists, as well as carries standard yoga props and equipment to enhance your practice.



# February 2010

## Class Schedule

Central Coast Yoga  
900 E. Grand Avenue  
Arroyo Grande, CA 93420

805-474-8876  
centralcoastyoga.com