

July and August 2010 at The Light Within Yoga Studio



Class descriptions

Gentle – appropriate for all levels ages 10 and up **Gentle/Beginner** – perfect for those brand new to yoga (for ages 10 and up) **Gentle/Restorative**– a gentle class incorporating props–this class is perfect for those needing a slow and relaxing practice

MLV– mixed level vinyasa– a flowing class –all levels welcome–fairly vigorous

MLA– mixed level ashtanga– a flowing class –all levels welcome–primary series of ashtanga yoga– VIGOROUS! **MLM**– mixed level Mysore (named after Mysore, India, place of origin)–a self-directed practice of primary or secondary series for students w/ prior knowledge of the series

*THE FOLLOWING CLASSES HAVE BEEN REMOVED FOR AT LEAST 1 MONTH OF THE SUMMER SCHEDULE:: Tues. 6:00 Yoga for Athletes, Thursday 1:00 Gentle, Saturday, Mysore at 7:15 (for the 1st 4 weeks of July) , Wednesday 10 am Gentle/Restorative (FOR JULY ONLY), monthly meditation, and Children’s Yoga (for July). THESE CLASSES WILL RETURN TO THE SCHEDULE IN THE FALL. WE WILL OFFER A LIMITED SCHEDULE FOR THE WEEK OF JULY 19th – JULY 25th, and AUGUST 31st – SEPTEMBER 3rd. AN ASHTANGA IMMERSION SERIES WILL BE OFFERED JULY 26th–30th WITH SUFFICIENT ENROLLMENT. YOGA FOR DEPRESSION SERIES WILL BE OFFERED 7/27 & 8/3 WITH SUFFICIENT ENROLLMENT.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please visit our website! thelightwithinyoga.com First class FREE!</p>	<p>CLASS PRICING: Drop in– \$18 10 class card \$115 20 class card \$200 \$90 unlimited For 30 days!</p>	<p>STUDENT PRICING: (elementary, middle, high school & college) \$10 10 class card \$80</p>	<p>Classes held as sessions and are capped at 16. PLEASE REGISTER ASAP for any classes or workshops you will attend. Space limited!</p>	<p>1 ~MLV 6–7:15 pm w/ Erin</p>	<p>2 ~MLA- 9:15–10:45 am w/ Katie</p>	<p>3 NO MYSORE ~Gentle 9:15–10:25 w/ Alison ~MLA 10:30–Noon w/ Alison</p>
<p>4 1 class only! ~ MLV (with plenty of gentle options) 9:00– 10:30 w/ Alison HAPPY 4th!</p>	<p>5 ~MLA–5:00–6:15 pm w/ Alison ~Gentle– 6:30–7:45 pm w/ Alison</p>	<p>6 ~Gentle 1–2 pm w/ Sarah</p>	<p>7 ~MLV 5:00–6:10 w/ Katie ~Gentle– 6:15–7:15 w/ Katie ~Beginner/Gentle 7:15–8:30 w/Katie</p>	<p>8 ~MLV 6–7:15 pm w/ Erin</p>	<p>9 ~MLA- 9:15–10:45 am w/ Katie</p>	<p>10 NO MYSORE ~Gentle 9:15–10:25 w/ Erin ~MLA 10:30–Noon w/ Erin</p>



11 ~Gentle 9:00 -10:15 w/ Erin ~MLA 10:30-Noon w/ Erin	12 ~MLA-5:00-6:15 pm w/ Maureen ~Gentle- 6:30-7:45 pm w/ Erin	13 ~Gentle 1-2 pm w/ Sarah	14 MLV 5:00-6:10 w/ Katie Gentle- 6:15-7:15 w/ Katie Beginner/Gentle 7:15-8:30 w/ Katie	15 MLV 6-7:15 pm w/ Erin	16 MLA- 9:15-10:45 am w/ Alison	17 NO MYSORE ~Gentle 9:15-10:25 w/ Alison ~MLA 10:30-Noon w/ Alison
18 ~Gentle 9:00 -10:15 w/ Alison ~MLA 10:30-Noon w/ Alison	19 CLOSED No classes	20 CLOSED No classes	21 MLV 5:00-6:10 w/ Katie Gentle- 6:15-7:15 w/ Katie Beginner/Gentle 7:15-8:30 w/ Katie	22 MLV 6-7:15 pm w/ Erin	23 MLA- 9:15-10:45 am w/ Katie	24 NO MYSORE ~Gentle 9:15-10:25 w/ Katie ~MLA 10:30-Noon w/ Katie
25 CLOSED No classes	26 **ASHTANGA IMMERSSION SERIES w/ Alison BEGINS 6:30-8:30 am **\$70 for full series or * \$75 w/ Friday breakfast MLA-5:00-6:15 w/ Alison Gentle- 6:30-7:45 w/ Alison	27 AIS 6:30-8:30 am Gentle 1-2 pm w/ Alison Yoga for Depression Series begins \$25/2 7:00- 8:30 pm w/ Alison	28 AIS 6:30-8 :30am MLV 5:00-6:10 w/ Alison Gentle- 6:15-7:15 w/ Katie Beginner/Gentle 7:15-8:30 w/ Alison	29 AIS 6:30-8:30 am MLV 6-7:15 pm w/ Erin	30 AIS **7-9:00 am 9:00 *breakfast! MLA- 9:15-10:45 am w/ Katie	31 ~MLM 7:15--9:10 w/Alison ~Gentle 9:15-10:25 w/ Alison ~MLA 10:30-Noon w/ Alison
Sun	Mon	Tue	Wed	Thu	Fri	Sat
AUGUST 1 ~Gentle 9:00 -10:15 w/ Alison MLA 10:30-Noon w/ Alison	2 MLA-5:00-6:15 w/ Alison Gentle- 6:30-7:45 pm w/ Alison	3 Gentle NOON -1 pm w/ Alison *TIME CHANGE FOR AUGUST Yoga for Depression Class # 2 7:00- 8:30 pm w/ Alison	4 Gentle/Restorative 10-11:15 w/ Sheelagh MLV 5:00-6:10 w/ Alison Gentle- 6:15-7:15 w/ Alison Beginner/Gentle 7:15-8:30 w/Alison	5 MLV 6-7:15 pm w/ Erin	6 MLA- 9:15-10:45 am w/ Katie	7 ~MLM 7:15--9:10 w/Alison ~Gentle 9:15-10:25 w/ Alison ~MLA 10:30-Noon w/ Alison



8 ~Gentle 9:00 -10:15 w/ Erin MLA 10:30-Noon w/ Erin	9 MLA-5:00-6:15 pm w/ Alison Gentle- 6:30-7:45 pm w/ Alison	10 Gentle Noon -1 pm w/ Alison	11Gentle/Restorative 10-11:15 w/ Sheelagh MLV 5:00-6:10 w/ Katie Gentle- 6:15-7:15 w/ Katie Beginner/Gentle 7:15-8:30 w/ Alison	12 MLV 6-7:15 pm w/ Erin	13 MLA- 9:15-10:45 am w/ Katie	14 NO MYSORE ~Gentle 9:15-10:25 w/Erin ~MLA 10:30-Noon w/ Erin
15 ~Gentle 9:00 -10:15 w/ Erin MLA 10:30-Noon w/ Erin	16 MLA-5:00-6:15 pm w/ Alison Gentle- 6:30-7:45 pm w/ Alison	17 Gentle Noon-1pm w/ Alison	18 Gentle/Restorative 10-11:15 w/ Sheelagh MLV 5:00-6:10 w/ Katie Gentle- 6:15-7:15 w/ Alison Beginner/Gentle 7:15-8:30 w/ Alison	19 MLV 6-7:15 pm w/ Erin	20 MLA- 9:15-10:45 am w/ Katie PLEASE REGISTER NOW for September & October	21 ~Gentle 9:15-10:25 w/ Alison ~MLA 10:30-Noon w/ Alison
22 & 29 ~Gentle 9:00 -10:15 w/ Alison MLA 10:30-Noon w/ Alison August 29 th - Yoga for Children 12:30-1:30 \$15 w/ parent	23 & 30 MLA-5:00-6:15 pm w/ Alison Gentle- 6:30-7:45 pm w/ Alison	24/*31 24 th -Gentle Noon -1pm w/ Alison *AUGUST 31st CLOSED No classes	25/ *1 Gentle/ Restorative 10-11:15 w/ Sheelagh MLV 5:00-6:10 w/ Katie Gentle- 6:15-7:15 w/ Alison Beginner/Gentle 7:15-8:30 w/ Alison *SEPTEMBER 1st - CLOSED No classes	26/ *2 MLV 6-7:15 pm w/ Erin *SEPTEMBER 2nd CLOSED No classes	27/*3 MLA- 9:15-10:45 am w/ Katie *SEPTEMBER 3rd CLOSED No classes	28/ September 4 ~MLM 7:15--9:10 w/Alison ~Gentle 9:15-10:25 w/ Alison ~MLA 10:30-Noon w/ Alison

Instructors subject to change More information

can be found online at www.thelightwithinyoga.com or call: 484-643-0870