



April 2017 Schedule



502-585-9642

Class Codes

- ★ Recommend for NEW students & pregnant women.
- ✳ **Intermediate** - NOT for new students or beginners!
- ★\$5 classes are included in monthly memberships.
- \$ **Extra fee or no Groupons/Intros accepted.**
- Mysore-Style: Mysore Membership Required.**
- 🌀 Philosophy, discussion, meditation.
- All classes are 75 minutes unless noted.**

EAST END STUDIO 2226 Holiday Manor Shopping Center - The Walk		
Monday		
9:30 am	★Hatha Yoga 1-2	Christiane Tawfik
11:00 am	★Gentle Yoga	Tricia Nelson
4:00 pm	★\$5 Community Yoga	Roshi Vazinpour
6:00 pm	★Hatha Yoga 1-2	Anne Kosko
Tuesday		
9:30 am	✳ Yoga Flow 2	Kara Price
11:00 am	★Hatha Yoga 1 Beginning	Kara Price
5:00 pm	★Yoga Flow 1-2	Kara Price
6:30 pm	Pilates 60 min	Kara Price
Weds		
9:30 am	★Hatha Yoga 1-2	Anne Kosko
11:00 am	★Gentle Yoga	Anne Kosko
6:00 pm	★Hatha Yoga 1-2	Jamie Turner
Thursday		
9:30 am	✳ Yoga Flow 2	Catherine Followell
11:00 am	★Gentle Yoga	Becky Thompson
5:00 pm	★Yoga Flow 1-2	Kara Price
6:30 pm	Pilates 60 min	Kara Price
Friday		
9:30 am	★Hatha Yoga 1-2	Anne Borders
11:00 am	★Gentle Yoga	Anne Borders
12:30 pm	✳\$ Long Inversions 2-3	Laura Spaulding
Saturday		
8:15 am	✳\$ Intermediate 2-3	Laura Spaulding
10:00 am	★Hatha Yoga 1-2	Laura Spaulding
Sunday		
10:00 am	★Hatha Yoga 1-2	Anne Kosko
4:00 pm	★\$5 Community Yoga	Gul Marshall

ST MATTHEWS STUDIO 115 Wiltshire Avenue		
Monday		
10:00 am	★Gentle Yoga	Anne Kosko
6:15 pm	✳ Ashtanga Yoga	Niki P/Gail M
6:15 pm	★Hatha Yoga 1 Beginning	Karen Sorgel
Tuesday		
10:00 am	★Hatha Yoga 1-2	Becky Thompson
4:30 pm	★Hatha Yoga 1-2	Laura Spaulding
6:00 pm	★Hatha Yoga 1-2	Susan Reid
6:15 pm	★Yoga Flow 1-2	Anne Borders
Weds		
10:00 am	★Hatha Yoga 1-2	Shannon Miller
4:30 pm	★\$5 Community Yoga	Emily Smith
6:15 pm	✳ Ashtanga Yoga	Caroline H/Kate M
6:15 pm	★Gentle Yoga	Denise Ford
Thurs		
10:00 am	★Hatha Yoga 1-2	Nikki Ball
4:30 pm	★Hatha Yoga 1-2	Brian A/Carolina F
6:15 pm	Beginning Ashtanga Yoga	Kate Mattingly
6:30 pm	★\$ Prenatal Yoga	Nikki Ball
Friday		
10:00 am	★Hatha Yoga 1-2	Susan Reid
6:30 pm	★Yoga Flow 1-2	Amy DeFigueiredo
Saturday		
9:30 am	✳ Ashtanga Yoga	Ashtanga Staff
11:30 am	★Gentle Yoga	Susan Reid
Sunday		
9:45 am	✳ Hatha Yoga 2 (Core)	Susan Reid
11:30 am	★Gentle Yoga	Vrinda Kumar
1:15 pm	★\$5 Hatha Yoga 1 Beg	Erin Kinnetz

HIGHLANDS STUDIO 1125 E Kentucky Street		
<i>Mysore Style Ashtanga. Phone 585-9642 to register. Mon-Thurs: Assistants teach 6:00-7:00 am; Laura teaches 7:00-8:30 am</i>		
Monday		
6:00 am	Mysore-Style Ashtanga	Laura S/John V
6:00 pm	★Hatha Yoga 1-2	Brandi Mundo
Tuesday		
6:00 am	Mysore-Style Ashtanga	Laura S/Cath F
6:00 pm	★Gentle Yoga	Erin Kinnetz
Weds		
6:00 am	Mysore-Style Ashtanga	Laura S/Gail M
11:00 am	★Leroy's \$5 Gentle Yoga	Leroy Chittenden
4:00 pm	✳ Inversions&Backbends 2-3	Susan Reid
6:00 pm	★Hatha Yoga 1-2	Kelli Torpey
Thursday		
6:00 am	Mysore-Style Ashtanga	Laura S/Alex T
4:00 pm	✳ Rope Wall Backbends 2-3	Laura Spaulding
6:00 pm	★Hatha Yoga 1-2	Laura Spaulding
Friday		
6:00 am	Mysore-Style Led Class	Erin Cronin
10:30 am	★Leroy's \$5 Chair Yoga	Leroy Chittenden
4:00 pm	✳ Ashtanga Yoga	Joe Autry
5:30 pm	🌀Heart ♥ of Yoga 60 min	Laura Spaulding
Saturday		
10:30 am	★Hatha Yoga 1-2	Kim Eisner
Sunday		
7:30-9 am	Mysore-Style Led Class	Laura Spaulding
10:30 am	Beginning Ashtanga Yoga	Caroline Heine
1:00 pm	★\$5 Community Yoga	Allison Longino

CLASS FEES

Regular Classes (does not include Mysore Classes)

Drop-in	\$15 - regular adult \$12 - teens and full-time students up to age 24 with valid student ID shown at time of purchase. \$5 children ages 6-12
Cards	5 classes - \$70 (use within 2 months) 10 classes - \$125 (use within 4 months) 20 classes - \$220 (use within 6 months)
Monthly	1 month \$100
Yoga East Membership	\$86/month recurring debit - 12 month agreement. Register online.

Mysore-Style Classes Monthly Fee \$120
12 Month Membership \$96/month
Includes all Yoga East Classes at all locations.
Phone Laura Spaulding at 502-585-9642 during business hours to register or get info before coming to a class.

REGISTRATION

Register Online - Save Time at Check-in
Go to our website to register and pay online.

Or Register in Person at Your First Class
We accept credit/debit cards, checks and cash.
New to Yoga East? Classes start on time! Do not be late!
Go to class 15 minutes early to register.
BE A YOGI! BE ON TIME!

Groupon and Living Social Customers
Bring your voucher to your first class to register.
 You cannot register online or by phone.
 Classes expire in 4 months - use promptly, no extensions are given.
 Arrive to your first class 15 minutes early to register.

What to Wear and Bring

Bring a yoga mat if you have one. We rent mats for \$1 and sell many kinds of mats at all studios.
 Wear comfortable exercise clothing.
 Yoga is practiced in bare feet. Do not wear or bring your shoes into the practice areas.

Do not bring valuables to the studio. Lock your purse or wallet in your car trunk. We have changing rooms.
No chewing gum, food or drinks are allowed.
You may bring water in non-breakable, non-spillable containers.
No glass containers allowed in our studios! Not ever!!

ABOUT OUR CLASSES Rated Easiest to Hardest

\$5 Community Classes: inexpensive classes taught by Yoga East interns and volunteers (who are our best teachers!).

Gentle Yoga: classes are relaxing and less physically demanding, easy on the joints, adaptations given for students with limited mobility or who cannot go to the floor.

Prenatal Yoga: yoga postures and breathing exercises to prepare for an easier labor and delivery. Intro offers and Groupons are not accepted for this special class.

Hatha 1 Beginning Yoga: learn and practice fundamental positions, use of props and adaptations for all classes.

Hatha Yoga: teaches important yoga postures with correct alignment, form and breathing, ending in deep relaxation - our most popular class.
 Level 1 is for new yoga students.
 Level 1-2 is mixed levels.
 Level 2-3 or 3 - no new students!

Pilates: taught by Kara Price, Improve endurance, agility, posture, and reduce joint and lower back pain and tension with core conditioning.

Beginning Ashtanga: teaches first 24 positions of Ashtanga Yoga. Includes sun salutations and important yoga postures for a challenging series that builds skill, strength and flexibility.

Yoga Flow: for athletic students in good condition who enjoy moving from one position to another incorporating breath and movement. Each class is different.
 Level 1-2 Mixed levels
 Level 2 - Experienced students only.

Ashtanga Yoga: 48 postures and sun salutations at a fast pace for experienced students in good condition with no wrist, shoulder, knee or hip injuries. Builds strength, endurance, flexibility, and is the bridge to intermediate yoga practice.

Mysore Style Ashtanga: yoga as taught in Mysore, India at the K Pattabhi Jois Ashtanga Yoga Institute by a Level 2 KPJAYI teacher. Learn the authentic method of Ashtanga Yoga - for all levels of students, including new yoga students.

Intermediate: for students in teacher training and other experienced students with NO limiting injuries and who regularly practice headstand, shoulder-stand, handstands (at the wall) and can push up to a backbend from the floor.

Long Inversions: class begins with 30-45 minutes of headstand and shoulder-stand variations that require the ability to hold a 3 minute headstand away from a wall.

Notice of Nondiscriminatory Policy

Yoga East, Inc. is recognized by the IRS as a 501 (c)(3) non-profit educational organization. Donations to Yoga East are tax-deductible charitable donations. We admit students without discrimination based on race, creed, color, national or ethnic origin, religion, gender or sexual orientation, and we do not discriminate in our educational and admissions policies, scholarship and aid awards.

Highlands Studio Chanting, Philosophy & Sanskrit Classes

Mon, Weds Chanting 8:30-9:30 am
 Fri Chanting 7:30-8:30 am
 Friday 5:30-6:30 pm ♥ Heart of Yoga Discussion.
 Sunday 9:15-10:15 am ॐ Shri Guru Gita.

YOGA ALLIANCE REGISTERED TEACHER TRAINING



Registered Yoga School

✓ Inspire your yoga practice.
 ✓ Share your love of yoga with others.
 ✓ Take your practice to the next level.
Join us in the unforgettable journey of a lifetime and change your life forever!

Teacher Training classes are open to students who have been members of Yoga East for one year before beginning the training.

See our website for more information.

Classes are ongoing, convenient, affordable and allow you to build hours toward certification and registration with Yoga Alliance at your own pace without deadlines.

200 Hour Course takes about 6 months to complete.

Total Course Fee: \$2520.

Program begins Aug 5; Deadline to apply: May 31.

Yoga East is a traditional, classical training program and offers study with yoga masters in India and the US.

See yogaeast.org/pages/trainings for more information including how to apply, requirements, certification details and specific dates and times of classes.
 or phone Laura Spaulding at 502-585-9642.