

ONE FREE WEEK of unlimited yoga

Valid only for new students(GJ residents) / Yes, it is okay to bring a friend

*This offer extended to new students of the Academy of Yoga. Unlimited classes over a consecutive seven-day period only. Offer expires July 30, 2010



Academy
Of
Yoga

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ACADEMY OBJECTIVES

Our work here at the Academy is based on the Iyengar system, although we go beyond that approach by focusing on the needs of each individual student who is in class. We offer two decades of experience, teacher training, and a variety of classes and private sessions that are intended to serve the needs of each student. Each type of class outlined in the back, focuses on individual needs and inspires increased flexibility and confidence in movement. Yoga at the Academy is a complete package deal to balance your body, mind & spirit

FEES

PUNCH CARD 1-yr expiration

Single Class	\$14
2 Class Pass	\$25
5 Class Pass	\$60
10 Class Pass	\$110
25 Class Pass	\$240
Yearly Pass	\$999 Unlimited
(Transferable to family members or visitors)	

PASSES WITH DISCOUNT

1 Month Pass	\$49	Valid up to 5 classes
2 Month Pass	\$89	Valid up to 10 classes
3 Month Pass	\$189	Valid up to 25 classes
Unlimited Pass	\$99	Valid for 30 days
Unlimited Pass	\$89	Valid for 30 days billed to Credit Card (w/contract)
Private Therapy	\$80	1-hr or \$240 for 4 prepaid classes
1/2 yearly	\$534	Unlimited class
Students will receive a 25% discount upgrade above fees with ID card)		

ॐ MAR & APRIL 2010 SCHEDULE ॐ

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
9-10am Beginners & Level 1 Monica	9-10am Beginners Monica	9-10am Beginners & Level 1 Kim	9-10am Beginners Monica	9-10am Beginners & Level 1 Monica	8:45-10am Level 2 & 3 Monica	*8:45-11:15am Level 3 *2nd weekend of each month Monica
					10:15-11:15am Beginners & Level 1 Monica	12pm-1pm MARCH 14 Winter blues APRIL 11 New rel food
4:30-5:30pm NIA with Vicky		5-6pm Life Changing Class-7 weeks NEW starting on March 31	5-5:50pm All levels Monica		MARCH 27 1pm-4pm DEEPENING your practice	
6-7pm Beginners & Level 1 Rhysa	6:15-7:30 pm Level 1 & 2 Christen	6:00-7:00 pm Beginners & Level 1 Monica	6:15-7:30 pm Level 1 & 2 Christen			

WORKSHOPS & SPECIALTY CLASSES

MARCH 14	BACKBENDS WORKSHOP	Sunday	08:45am-11:15am	\$ 35.00
MARCH 14	BEATING THE WINTER BLUES	Sunday	12:00pm-01:00pm	\$ 10.00
MARCH 27	DEEPENING YOUR PRACTICE	Saturday	01:00pm-04:00pm	\$ 45.00
MARCH 31	LIFE-CHANGING PROGRAM	Wednesday	05:00pm-06:00pm	\$ 14.00
APRIL 11	SUN SALUTATION WORKSHOP	Sunday	08:45am-11:15am	\$ 35.00
APRIL 11	A NEW RELATIONSHIP WITH FOOD	Sunday	12:00pm-01:00pm	\$ 10.00
APRIL 22-25	MANIFESTATION THROUGH THE CHAKRAS with Anodea Judith			
	CHIPETA LODGE IN RIDGWAY		\$535.00	before Mar 22nd
	Please make your own reservation 1800-633-5868		\$595.00	after Mar 22nd
	Room rates starts @ \$100 Please mention Academy of Yoga			

9 Months 200 hr TEACHER TRAINING

2ND weekend of each month, starting Aug 13,2010 through April 10,2011
WEEKEND INTENSIVE DROP-IN WELCOME

Guidelines to enhance your yoga practice: Students may attend on a Single Class basis – for progress you are encouraged to **attend 2 times per week**. Note **time restrictions** with Class Passes – NO REFUNDS. Wear comfortable **non-restricting** clothing. It helps to practice on an **empty stomach**. Always let your teacher know of any **health problems/changes**. A **Health Questionnaire** must be completed before attending your first class. We appreciate your feedback on how to improve the Academy.

CLASS DESCRIPTIONS:

Beginners - In this class, we focus on the spinal column and the nervous system. We work in a passive way that affects the tissues on a deep level. People with all levels of ability will find this class relaxing and rejuvenating. If you have any therapeutic issues please see "Private Therapy" below.

Level 1 - Basic instruction in the fundamentals of postural alignment and breathing for continuing beginning students. Basic standing poses, forward bends, back flexibility, twists, hip openers and other basics are introduced and practiced with close attention to correct alignment.

Level 2 - This class introduces more challenging poses and offers students the opportunity to explore yoga as a discipline involving the conscious balance integration of mind, body, breath and spirit. This class offers expanded study of inversions and back flexibility. Students should have prior Level 1 experience.

Level 3 - Advanced asanas and pranayama are introduced for students developing a home practice from a solid working knowledge of postures. Students should be proficient with inversions and be interested in doing deep, challenging and transforming work.

Private Therapy - This class is designed as a private session that focuses on your needs and specific issues, such as knee replacement, shoulder and/or neck problems, sciatica, spinal fusion, back pain, insomnia, and migranes; please let us know what we can help you with. We will tailor this class to meet your needs and/or prepare you for the Beginner's class.

Life Changing Program Class - Are you interested in reaching your goals for your life and health. Do you want to have more energy, feel better in your body, and learn to reduce stress? This group program is for those who want to take action on their goals, be supported with recommendations and other materials. Make your goals a lasting reality. **Wednesdays 5-6pm starting Mar 31 to May 12 and May 26 to July 07.**

Special Classes - These classes are designed to offer variety and fun to your practice. They change on a monthly basis, so be sure let us know your email address and check out the latest flyer.

INTEGRATIVE WELLNESS WORKSHOPS - Stay tuned for this transformative work to live a happier and healthier life!!!

Please visit www.integrativewellnesstoday.com for details and information! Special programs for corporations!

YOGA-TO-GO - The Academy of Yoga provides private yoga instruction at your place of business, or at your home. You can also schedule yoga for your business at the studio if no space available at your office.

Come experience the healthy benefits of yoga today:

Stress Relief
Pain Relief

Flexibility
Better Breathing

Increased Strength
Improved Circulation

Weight Management
Inner Peace