



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><i>1</i></p> <p><b>9:15-10:15 SEMI-PR PILATES/NIKKI</b>  <b>10:30-11:30 MOMMY &amp; ME PILATES/LEANNA</b></p> <p><b>4:30-5:30 QI-GONG&amp;TAI CHI/NISA</b>  <b>6-7:00 COMMUNITY YOGA/DAN \$7</b></p>	<p><i>2</i></p> <p><b>6:15-7:30 SUNRISE YOGA/LU</b>  <b>9:15-10:15 PI-YO/NIKKI</b>  <b>11-NOON GENTLE YOGA/LISA</b></p> <p><b>5:30-6:45 YIN YOGA/ROBYN</b></p>	<p><i>3</i></p> <p><b>9-10:15 YIN &amp; FLOW/ROBYN</b>  <b>11:15-12:15 LUNCHTIME YOGA FLOW/CINDY</b></p> <p>---NO TEEN YOGA CLASS---  <b>5:30-6:45PM HATHA I/LISA</b>  <b>7:15-8:15 INTRO TO YOGA 2 (makeup class)/CINDY</b></p>	<p><i>4</i></p> <p><b>9:15-10:15 SEMI-PR PILATES/NIKKI</b>  <b>11-NOON ACTIVE SENIORS/LISA</b></p> <p><b>5:30-6:45 BEG. YOGA/DIANE</b>  <b>7:15-8:30 "BEGINNER'S MIND" YOGA/DAN</b></p>	<p><i>5</i></p> <p><b>9-10:15 HATHA II/DAN</b>  <b>11:15-12:15 HEALING YOGA/LISA</b></p>	<p><i>6</i></p> <p><b>9-10:15 ALL LEVELS/DAN</b>  <b>10:45-12:15 INTRO TO YOGA WEEK 2 OF 3/CINDY</b>  <b>1-3:00 YOGA FOR DETOX/ROBYN</b></p> <p><b>6:30-8:30 SACRED DRUMMING</b>          (by donation, for info contact Deborah Heartwood, 556-0268)</p>
<p><i>7</i></p>	<p><i>8</i></p> <p><b>9:15-10:15 SEMI-PR PILATES/NIKKI</b>  <b>10:30-11:30 MOMMY &amp; ME PILATES/LEANNA</b></p> <p><b>4:30-5:30 QI-GONG&amp;TAI CHI/NISA</b>  <b>6-7:00 COMMUNITY YOGA/DAN \$7</b></p>	<p><i>9</i></p> <p><b>6:15-7:30 SUNRISE YOGA/LU</b>  <b>9:15-10:15 PI-YO/NIKKI</b>  <b>11-NOON GENTLE YOGA/LISA</b></p> <p><b>5:30-6:45 YIN YOGA/ROBYN</b></p>	<p><i>10</i></p> <p><b>9-10:15 YIN &amp; FLOW/ROBYN</b>  <b>11:15-12:15 LUNCHTIME YOGA FLOW/CINDY</b></p> <p>---NO TEEN YOGA CLASS---  <b>5:30-6:45PM HATHA I/LISA</b></p>	<p><i>11</i></p> <p><b>9:15-10:15 SEMI-PR PILATES/NIKKI</b>  <b>11-NOON ACTIVE SENIORS/LISA</b></p> <p><b>5:30-6:45 BEG. YOGA/DIANE</b>  <b>7:15-8:30 "BEGINNER'S MIND" YOGA/DAN</b></p>	<p><i>12</i></p> <p><b>9-10:15 HATHA II/DAN</b>  <b>11:15-12:15 HEALING YOGA/LISA</b></p>	<p><i>13</i></p> <p><b>9-10:15 ALL LEVELS/HOLLY</b>  <b>10:45-12:15 INTRO TO YOGA WEEK 3 OF 3/CINDY</b></p>
<p><i>14</i></p> <p><b>2-4:00 REIKI CIRCLE</b>          (by donation, contact Julie w/ questions, 235-6283)</p>	<p><i>15</i></p> <p><b>9:15-10:15 SEMI-PR PILATES/NIKKI</b>  <b>10:30-11:30 MOMMY &amp; ME PILATES/LEANNA</b></p> <p><b>4:30-5:30 QI-GONG&amp;TAI CHI/NISA</b>  <b>6-7:00 COMMUNITY YOGA/DAN \$7</b></p>	<p><i>16</i></p> <p><b>6:15-7:30 SUNRISE YOGA/LU</b>  <b>9:15-10:15 PI-YO/NIKKI</b>  <b>11-NOON GENTLE YOGA/LISA</b></p> <p><b>5:30-6:45 YIN YOGA/ROBYN</b>  <b>7:15-8:15 *YOGA FOR BACK STRENGTH – FREE INTRO CLASS</b></p>	<p><i>17</i></p> <p><b>9:00 -10:15 YIN &amp; FLOW/ROBYN</b>  <b>11:15-12:15 LUNCHTIME YOGA FLOW/CINDY</b></p> <p><b>4-5:00 TEEN YOGA / MARY SAGE</b>  <b>5:30-6:45 HATHA I/LISA</b></p>	<p><i>18</i></p> <p><b>9:15-10:15 SEMI-PR PILATES/NIKKI</b>  <b>11-NOON ACTIVE SENIORS/LISA</b></p> <p><b>5:30-6:45 BEG. YOGA/DIANE</b>  <b>7:15-8:30 "BEGINNER'S MIND" YOGA/DAN</b></p>	<p><i>19</i></p> <p><b>9-10:15 HATHA II/MARY SAGE</b>  <b>11:15-12:15 HEALING YOGA/LISA</b></p> <p><b>6:30-8:30 YOGA DATE NIGHT /MARY SAGE &amp; DAVID</b></p>	<p><i>20</i></p> <p><b>9-10:15 ALL LEVELS/MARY SAGE</b>  <b>11-NOON *YOGA FOR BACK STRENGTH – FREE INTRO CLASS</b>  <b>1:30-3:30 CHAKRA THEORY</b>  <b>4-6:00 CHAKRA YOGA CLASS /CONSTANCE HART</b>  <b>6:30-8:30 SACRED DRUMMING</b>          (by donation, for info contact Deborah Heartwood, 556-0268)</p>
<p><i>21</i></p>	<p><i>22</i></p> <p><b>9:15-10:15 SEMI-PR PILATES/NIKKI</b>  <b>10:30-11:30 MOMMY &amp; ME PILATES/LEANNA</b></p> <p><b>4:30-5:30 QI-GONG&amp;TAI CHI/NISA</b>  <b>6-7:00 COMMUNITY YOGA/DAN \$7</b></p>	<p><i>23</i></p> <p><b>6:15-7:30 SUNRISE YOGA/LU</b>  <b>9:15-10:15 PI-YO/NIKKI</b>  <b>11-NOON GENTLE YOGA/LISA</b></p> <p><b>5:30-6:45 YIN YOGA/ROBYN</b></p>	<p><i>24</i></p> <p><b>9:00 -10:15 YIN &amp; FLOW/ROBYN</b>          ---NO LUNCHTIME YOGA FLOW---  <b>4-5:00 TEEN YOGA / MARY SAGE</b>  <b>5:30-6:45 HATHA I/LISA</b></p>	<p><i>25</i></p> <p><b>9:15-10:15 SEMI-PR PILATES/NIKKI</b>  <b>11-NOON ACTIVE SENIORS/LISA</b></p> <p><b>5:30-6:45 BEG. YOGA/DIANE</b>  <b>7:15-8:30 "BEGINNER'S MIND" YOGA/DAN</b></p>	<p><i>26</i></p> <p><b>9-10:15 HATHA II/DAN</b>  <b>11:15-12:15 HEALING YOGA/LISA</b></p> <p><b>6:30-8:00 YIN-ERGETICS@/LISA</b></p>	<p><i>27</i></p> <p><b>9-10:15 ALL LEVELS/HOLLY</b></p>
<p><i>28</i></p> <p><b>1-6:00 REIKI I/JULIE</b></p>	<p><i>29</i></p> <p><b>9:15-10:15 SEMI-PR PILATES/NIKKI</b>  <b>10:30-11:30 MOMMY &amp; ME PILATES/LEANNA</b></p> <p><b>4:30-5:30 QI-GONG&amp;TAI CHI/NISA</b>  <b>6-7:00 COMMUNITY YOGA/DAN \$7</b></p>	<p><i>30</i></p> <p><b>6:15-7:30 SUNRISE YOGA/LU</b>  <b>9:15-10:15 PI-YO/NIKKI</b>  <b>11-NOON GENTLE YOGA/LISA</b></p> <p><b>5:30-6:45 YIN YOGA/ROBYN</b></p>	<p><b>*YOGA FOR BACK STRENGTH</b>          This is a FREE introductory class. We recommend that you reserve a space ahead of time.</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.

**"Beginner's Mind" Yoga:** A practice embracing the Zen principal of approaching all with a mind free of preconceptions and judgments; a mind innocent and open to greater awakenings. All levels encouraged.

**Chakra Restorative Yoga / 2-Part Workshop:** **Chakra Theory** offers an in-depth look at the chakras.

**Chakra Yoga Class** involves breathing, mantras, mudras, bhandas, color therapy, sound healing, guided visualization, and gentle restorative postures.

**Community Yoga:** A discounted evening class available to yogis at all practice levels.

**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.

**Lunchtime Yoga Flow:** 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 which calms the mind, increases flexibility, and builds 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.

**Qi-Gong & Tai Chi:** Qi-Gong and Tai Chi are Chinese self-healing arts. You will learn breathing techniques, 5 elements of vital energy; plus various movements and postures. Regular practice of these disciplines has been shown to improve blood circulation, lower blood pressure, strengthen the autoimmune system, enhance the endocrine system, reduce stress, and aid in the treatment of diabetes.

**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.

**Sacred Drumming:** A time of prayer and sacred celebration using hoop drums and other percussion instruments to find a group rhythm and that of mother earth. No experience (or rhythm) required.

**Sunrise Yoga:** Start the morning with an invigorating class which offers a series of postures to wake your rested muscles and increase oxygen flow to your heart, as well as allows time for focused breathing and intention setting for the day.

**Teen Yoga:** Designed for students 11 to 18 years of age.

**Yin & Flow:** Long, deep holds followed by gentle, warming flow to help bring balance between effort and ease, strength and flexibility, and movement and stillness to the body. Appropriate for all levels.

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

**Yoga for Back Strength:** A free information session and sample class for anyone wanting to learn how yoga can relieve stress, pain, and imbalance in the back, neck, and shoulder area. Beginners encouraged, and participation is optional -- you may just gather information and observe, if you wish.

**Yoga for Detoxification:** This workshop explores various yoga postures that can encourage increased lymph flow, help internal organs work more efficiently, and foster deeper relaxation. All levels welcome.

## CLASS FEES

Drop In = \$15/class

Drop In Senior = \$13/class

Teen Yoga = \$13/class

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

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

6 month unlimited = \$550

1 year unlimited = \$1050

Community Yoga = \$7

## SERIES/WORKSHOPS

Chakra Restorative Yoga / 2-part Workshop:  
Chakra Theory & Chakra Yoga = \$35 for one  
\$55 for both

Reiki I = \$85

Reiki II = \$135

Semi-private Pilates = \$15/class

Yin-Ergetics® = \$22

Yoga Date Night = \$50/couple

Yoga for Back Strength Intro Class = FREE

Yoga for Detoxification = \$25

## EXTRAS

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

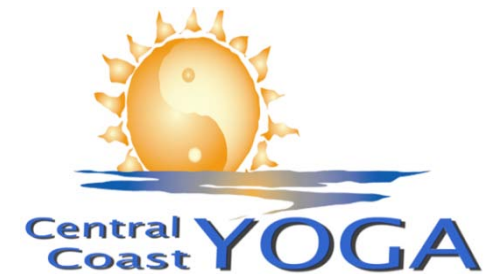
**Lynda Foresman** ☐ 801-7052 ☐ Swedish  
Style, Hawaiian Lomi Lomi, Deep Tissue,  
Esalen Style, CranioSacral, Reiki, Hot Stone

**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.

Visit our retail store at 900 E Grand Ave, on  
the corner of E Grand and Halcyon in Arroyo  
Grande. CCY promotes smaller, eco-friendly  
clothing lines and local artists, as well as  
carries standard yoga props and equipment to  
enhance your practice.



# June 2009

## Class Schedule

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

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centralcoastyoga.com