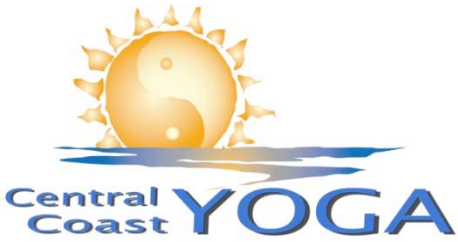



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9-10:15 YIN & FLOW/ROBYN 11:15-12:15 LUNCHTIME YOGA FLOW / LU  4-5:00 TEEN YOGA / MARY SAGE 5:30-6:45PM HATHA I / LISA	2 9:15-10:15 SEMI-PR PILATES/NIKKI 11-NOON ACTIVE SENIORS/LISA  5:30-6:45 BEG. YOGA/DIANE 7:15-8:30 "BEGINNER'S MIND" YOGA/DAN	3 9-10:15 HATHA II/DAN 11:15-12:15 HEALING YOGA/LISA	4 <b>INDEPENDENCE DAY</b>  9-10:15 ALL LEVELS/DAN 
5 9-10:15 COMMUNITY VINYASA /MARY SAGE \$7	6 10:30-11:30 MOMMY & ME PILATES/LEANNA  6-7:00 COMMUNITY YOGA/DAN \$7	7 6:15-7:30 SUNRISE YOGA/LU 9:15-10:15 PI-YO/NIKKI 11-NOON GENTLE YOGA/LISA  5:30-6:45 YIN YOGA/ROBYN 7:15-8:30 YOGA FOR BACK STRENGTH WEEK 1 OF 6/MARY SAGE	8 9-10:15 YIN & FLOW/ROBYN 11:15-12:15 LUNCHTIME YOGA FLOW/CINDY  4-5:00 TEEN YOGA / MARY SAGE 5:30-6:45PM HATHA I / LISA 7:15-8:15 INTRO TO YOGA WEEK 1 OF 4/CINDY	9 9:15-10:15 SEMI-PR PILATES/NIKKI 11-NOON ACTIVE SENIORS/LISA  5:30-6:45 BEG. YOGA/DIANE 7:15-8:30 "BEGINNER'S MIND" YOGA/DAN	10 9-10:15 HATHA II/DAN 11:15-12:15 HEALING YOGA/LISA	11 9-10:15 ALL LEVELS/HOLLY 11-12:15 YOGA FOR BACK STRENGTH WEEK 1 OF 6/MARY SAGE
12 9-10:15 COMMUNITY VINYASA /ROBYN \$7  2-4:00 REIKI CIRCLE (by donation, contact Julie w/ questions, 235-6283)	13 10:30-11:30 MOMMY & ME PILATES/LEANNA  6-7:00 COMMUNITY YOGA /MARY SAGE \$7	14 6:15-7:30 SUNRISE YOGA/LU 9:15-10:15 PI-YO/NIKKI 11-NOON GENTLE YOGA/LISA  5:30-6:45 YIN YOGA/ROBYN 7:15-8:30 YOGA FOR BACK STRENGTH WEEK 2 OF 6/MARY SAGE	15 9-10:15 YIN & FLOW/ROBYN 11:15-12:15 LUNCHTIME YOGA FLOW/CINDY  4-5:00 TEEN YOGA / MARY SAGE 5:30-6:45PM HATHA I / LISA 7:15-8:15 INTRO TO YOGA WEEK 2 OF 4/CINDY	16 9:15-10:15 SEMI-PR PILATES/NIKKI 11-NOON ACTIVE SENIORS/LISA  5:30-6:45 BEG. YOGA/DIANE 7:15-8:30 "BEGINNER'S MIND" YOGA/DAN	17 9-10:15 HATHA II/DAN 11:15-12:15 HEALING YOGA/LISA	18 9-10:15 ALL LEVELS/DAN 11-12:15 YOGA FOR BACK STRENGTH WEEK 2 OF 6/MARY SAGE
19 9-10:15 COMMUNITY VINYASA /MARY SAGE \$7  1-6:30 REIKI II/JULIE	20 10:30-11:30 MOMMY & ME PILATES/LEANNA  6-7:00 COMMUNITY YOGA/DAN \$7	21 6:15-7:30 SUNRISE YOGA/LU 9:15-10:15 PI-YO/NIKKI 11-NOON GENTLE YOGA/LISA  5:30-6:45 YIN YOGA/ROBYN 7:15-8:30 YOGA FOR BACK STRENGTH WEEK 3 OF 6/MARY SAGE	22 9-10:15 YIN & FLOW/ROBYN 11:15-12:15 LUNCHTIME YOGA FLOW/CINDY  4-5:00 TEEN YOGA / MARY SAGE 5:30-6:45PM HATHA I / LISA 7:15-8:15 INTRO TO YOGA WEEK 3 OF 4/CINDY	23 9:15-10:15 SEMI-PR PILATES/NIKKI 11-NOON ACTIVE SENIORS/LISA  5:30-6:45 BEG. YOGA/DIANE 7:15-8:30 "BEGINNER'S MIND" YOGA/DAN	24 9-10:15 HATHA II/DAN 11:15-12:15 HEALING YOGA/LISA	25 9-10:15 ALL LEVELS/HOLLY 11-12:15 YOGA FOR BACK STRENGTH WEEK 3 OF 6/MARY SAGE  6:30-8:30 SACRED DRUMMING (by donation, contact Deborah Heartwood, 556-0268)
26 9-10:15 COMMUNITY VINYASA /ROBYN \$7	27 10:30-11:30 MOMMY & ME PILATES/LEANNA  6-7:00 COMMUNITY YOGA /HOLLY P. \$7	28 6:15-7:30 SUNRISE YOGA/LU 9:15-10:15 PI-YO/NIKKI 11-NOON GENTLE YOGA/LISA  5:30-6:45 YIN YOGA/ROBYN 7:15-8:30 YOGA FOR BACK STRENGTH WEEK 4 OF 6/MARY SAGE	29 9-10:15 YIN & FLOW/ROBYN 11:15-12:15 LUNCHTIME YOGA FLOW/CINDY  4-5:00 TEEN YOGA / MARY SAGE 5:30-6:45PM HATHA I / LISA 7:15-8:15 INTRO TO YOGA WEEK 4 OF 4/CINDY	30 9:15-10:15 SEMI-PR PILATES/NIKKI 11-NOON ACTIVE SENIORS/LISA  5:30-6:45 BEG. YOGA/DIANE 7:15-8:30 "BEGINNER'S MIND" YOGA/DAN	31 9-10:15 HATHA II/DAN 11:15-12:15 HEALING YOGA/LISA  6:00-7:30 YOGA DATE NIGHT /MARY SAGE & DAVID	<p>BLACK = drop-in class / all welcome</p> <p>BLUE = series, workshop, or semi-private / pre-registration required</p> <p>ORANGE – reduced rate or by donation / all welcome</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.

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

**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.

**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 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.

**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 Circles:** 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.

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

**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:** 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 6-wk series designed specifically for those who suffer from ongoing back pain, neck and shoulder stress, and/or struggle with poor posture and lack of energy. A simple yoga practice focused on exercises to promote spinal health and core strength can help to release tension and retrain the body into balance. Beginners welcome. Limited to 10 participants.

## 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 classes = \$7

## SERIES/WORKSHOPS

Intro to Yoga = \$60/series

Reiki I = \$85

Reiki II = \$135

Semi-private Pilates = \$15/class

Yin-Ergetics® = \$22

Yoga Date Night = \$30/couple

Yoga for Back Strength = \$80/series

## EXTRAS

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

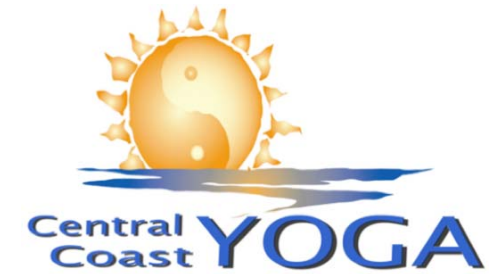
**Lynda Foresman** 801-7052 Swedish  
Style, Hawaiian Lomi Lomi, Deep Tissue,  
Esalen Style, CranioSacral, Reiki, Hot Stone

**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.



# July 2009

## Class Schedule

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

805-474-8876  
centralcoastyoga.com