



www.yogaeast.org



## September 2018 Schedule

see the online schedule for Labor Day Classes Sept 3

### Yoga East Membership

(\$96 auto-debit)

includes ALL classes on the schedule.

★G, Level 1 or 1-2 recommended for NEW students

✘ 2-3, 3 NOT for beginners or students with injuries.

All classes are 75 minutes unless noted.

EAST END STUDIO 2226 Holiday Manor Shopping Center - The Walk Phone or text Catherine 502-424-5554		
<b>Monday</b>		
9:30 am	★\$10 Chair Yoga Hour G	Catherine Followell
9:30 am	★Hatha Yoga 1-2	Christiane Tawfik
11:00 am	★Gentle Yoga G	Tricia Nelson
6:00 pm	★Hatha Yoga 1-2	Anne Kosko
6:00 pm	★Prenatal Yoga 1	Nikki Wolff
<b>Tuesday</b>		
9:30 am	✘Yoga Flow 2	Kara Price
11:00 am	★Hatha Yoga 1	Kara Price
4:30 pm	✘Yoga Flow 2	Paul Long
6:00 pm	★Hatha Yoga 1-2	Paul Long
<b>Weds</b>		
9:30 am	★\$10 Chair Yoga Hour G	Catherine Followell
9:30 am	★Hatha Yoga 1-2	Anne Kosko
11:00 am	★Gentle Yoga G	Anne Kosko
6:00 pm	★Yoga Flow 1-2	Jamie Turner
6:00 pm	Kettlebells forYoga	Steven McGuire
<b>Thursday</b>		
9:30 am	✘ Yoga Flow 2	Rachel Torres
11:00 am	★Gentle Yoga G	Becky Thompson
6:00 pm	★Sivananda Yoga 1-2 90min	Susan Reid
<b>Friday</b>		
9:30 am	★ Hatha Yoga 1-2	Anne Borders
11:00 am	★ Gentle Yoga G	Anne Borders
6:00 pm	★\$10 Community Yoga 1-2	Susan Rudy
<b>Saturday</b>		
10:00 am	★ Hatha Yoga 1-2	Paul Long
11:30 am	★ Ashtanga Slo-Mo 1-2	Karen Cairns
11:30 am	\$10 Pranayama G (60 min)	Paul Long
<b>Sunday</b>		
10:00 am	★Hatha Yoga 1-2	Anne Kosko
2:00 pm	★Hatha Yoga 1-2	Gul Marshall

ST MATTHEWS STUDIO 115 Wiltshire Avenue Phone or Text Susan 502-523-8020		
<b>Monday</b>		
10:00 am	★ Gentle Yoga G	Anne Kosko
4:30 pm	★\$10 Community Yoga 1-2	Doug Van Houten
6:15 pm	★Sivananda Yoga 1-2 90min	Susan Reid
<b>Tuesday</b>		
10:00 am	★Hatha Yoga 1-2	Becky Thompson
5:00 pm	✘ Yoga Flow 1-2	Kara Price
6:30 pm	Pilates Mat Class 60 min	Kara Price
<b>Weds</b>		
10:00 am	★Sivananda Yoga 1-2 90min	Susan Reid
4:30 pm	★Yoga Flow 1-2	Emily Smith
6:15 pm	★Gentle Yoga G	Denise Ford
<b>Thurs</b>		
10:00 am	★Hatha Yoga 1-2	Brian Andriot
5:00 pm	✘ Yoga Flow 1-2	Kara Price
6:30 pm	Pilates Mat Class 60 min	Kara Price
<b>Friday</b>		
10:00 am	✘ Core Strength Yoga 2	Susan Reid
12:00 pm	★\$10 Gentle Yoga G	Trish Barrett
4:00 pm	✘ Ashtanga Yoga 2-3	Erin Cronin
6:30 pm	✘ Yoga Flow 1-2	Amy Defigueiredo
<b>Saturday</b>		
9:45 am	★ Sivananda Yoga 1-2 90min	Susan Reid
11:30 am	★Hatha Yoga 1	Laura Spaulding
<b>Sunday</b>		
9:45 am	✘ Core Strength Yoga 2	Susan Reid
12:00 pm	★ \$10 Beginning Yoga 1	Erin Kinnetz

DOWNLOAD THE YOGA EAST APP  
FROM THE APP STORE & GOOGLE PLAY  
REGISTER FOR CLASSES - GET SPECIAL OFFERS!

HIGHLANDS STUDIO 1125 E Kentucky Street Phone (no text) Laura 502-585-9642		
<b>Monday</b>		
6-8:15 am	Ashtanga Yoga (Mysore)	Laura S/Alex T
11:00 am	★Hatha Yoga 1-2	Laura Spaulding
6:00 pm	★Hatha Yoga 1-2	Allison Longino
<b>Tuesday</b>		
6-8:15 am	Ashtanga Yoga (Mysore)	Laura S/CatherineT
11:00 am	✘Hatha Yoga 2-3	Laura Spaulding
6:15 pm	★Hatha Yoga 1-2	Anne Borders
<b>Weds</b>		
6-8:15 am	Ashtanga Yoga (Mysore)	Laura S/Kate M
11:15 am	★\$5 Gentle Yoga G	Leroy Chittenden
6:00 pm	★Hatha Yoga 1-2	Brian Andriot
<b>Thursday</b>		
6-8:15 am	Ashtanga Yoga (Mysore)	Laura S/Erin C
4:30 pm	✘Yoga Flow 2	Paul Long
6:00 pm	★Hatha Yoga 1-2	Paul Long
<b>Friday</b>		
6:00 pm	✘ Ashtanga Yoga 2-3	Laura Spaulding
4:00 pm	Yoga for Pain 2-3 no drop-ins	Laura Spaulding
5:30 pm	Heart of Yoga discussion	Laura Spaulding
<b>Saturday</b>		
8:30 am	✘ Hatha Flow 2-3	Laura Spaulding
10:30 am	★Hatha Yoga 1-2	Kim Eisner
12:00 pm	Kettlebells for Yoga Hour	Steven McGuire
1:15 pm	✘Hatha Yoga 2	Richard Applegate
<b>Sunday</b>		
7:30 am	✘ Mysore Led Class 3	Laura Spaulding
10:30 am	✘ Beginning Ashtanga 2	Caroline Heine
1:00 pm	★Free Intro to Yoga 1	New Teachers
4:00 pm	🧘Metal Yoga(donation)1-2	Allison Longino

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Classes are subject to change without notice. Check our website for the current schedule, studio desk hours, and special classes and workshops - www.yogaeast.org.

## It's Easy to Start Classes at Yoga East!

Register and pay online to save time and money. If you register at the studio, arrive 15 minutes before the start time of class.

For security, teachers lock the door at the start time of class. Latecomers are not admitted.

*Teachers at the desk cannot give you the online rate.*

<b>CLASS FEES</b> Save money - buy online	<b>online</b>	at the desk
Drop-In	<b>\$15</b>	\$18
Teens 13-19	n/a	\$12
Child age 6-12	n/a	\$5
5 class pass	<b>\$70</b>	\$75
10 class pass	<b>\$125</b>	\$135
20 class pass	<b>\$220</b>	\$240
Monthly unlimited	<b>\$110</b>	\$120
3 Months Unlimited	<b>\$299</b>	\$325
Auto debit membership, <i>(12 month contract)</i>	<b>\$96/mo</b>	n/a
<b>Intro Offers for NEW Students</b> <i>for students who have never attended Yoga East</i> <i>One offer per student; choose one:</i>		
Month unlimited	<b>\$69</b>	\$79
5 classes <i>(2 months expiration)</i>	<b>\$49</b>	\$59
<b>REFUND POLICY</b>		
All sales are final. Make sure you can fully use your class option before you buy it. We will not give refunds, credit or extensions for missed or unused classes.		

### How to Get Started with Yoga

★ Marks classes for new yoga students. You do not have to know anything about yoga or be able to do any postures. Our trained professional teachers will guide you with easy-to-follow instructions.

✘ Marks classes which are NOT for new students or students with injuries. You need to have a healthy back and joints (knees, wrists, hips) for these ✘ classes.

Yoga has medically-proven benefits:

- ✓ Builds strength, improves flexibility.
- ✓ Lowers blood pressure
- ✓ Alleviates back pain, arthritis symptoms, and headaches.
- ✓ Reduces stress, anxiety and improves quality of sleep.
- ✓ Improves bone density and muscle mass.

### 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.

### Information for New Students

#### Be on time to class!

Coming late to class is disruptive and inconsiderate of the instructor and other students. Come 15-20 minutes early if you need to register, ask questions or change clothes.

We provide yoga mats.

We have changing rooms.

Yoga is practiced in bare feet. Do not wear or bring shoes into the practice areas to keep the studios clean.

Put your phone on silent.

Do not bring valuables to the studio.

Lock your purse or wallet in your car trunk. No chewing gum, food, drinks or glass containers!

### Scholarships for Classes

You can apply online for a reduced rate or scholarship. Applications are also available at the studios. Ask your teacher or phone Laura Spaulding at 502-585-9642.

### Mysore-Style Ashtanga Classes

#### Information for new students.

New students are required to have a Yoga East Membership (monthly auto debit, annual membership or Three Month Unlimited).

New students must commit to attend Mysore class three times a week during the first month in order to learn the series.

Phone Laura Spaulding at (502) 585-9642 for more information or to register.