



# class schedule

DAY	TIME	CLASS	LEVEL	INSTRUCTOR
<b>Monday</b>	6:30–8:30 am	Mysore Style Ashtanga*	All Levels**	Anne Finstad
	5:45–7:00 pm	Iyengar-based	<b>Begin/Inter</b>	Tom Abrehamson
	7:15–8:45 pm	Ashtanga Foundations	<b>Beginners</b>	Mojdeh
<b>Tuesday</b>	6:30–8:30 am	Mysore Style Ashtanga*	All Levels*	Anne Finstad
	9:30–11:00 am	Flow	<b>Beginners</b>	Heidi Chair
	12:00–1:00 pm	Lunch Time Yoga	All Levels	Mojdeh
	4:00–5:00 pm	Kid's class	All Levels	Shyamoli
	5:45–7:00 pm	Hatha Yoga	<b>Begin/Inter</b>	Julianne Rice
<i>NEW class</i>	7:15–8:30 pm	Anusara Inspired	<b>Beginners</b>	Shyamoli
<b>Wednesday</b>	6:30–8:30 am	Mysore Style Ashtanga*	All Levels*	Anne Finstad
	9:30–10:45 am	Iyengar	<b>Beginners</b>	Betty Strain
	12:00–1:00 pm	Pilates	All Levels	Darcy Elman
	5:45–7:00 pm	Iyengar-based	<b>Begin/Inter</b>	Tom Abrehamson
	7:15–8:45 pm	Ashtanga	<b>Begin/Inter</b>	Mojdeh
<b>Thursday</b>	6:30–8:30 am	Mysore Style Ashtanga*	All Levels*	Anne Finstad
	9:30–11:00 am	Flow	<b>Beginners</b>	Heidi Chair
	12:00–1:00 pm	Lunch Time Yoga	All Levels	Mojdeh
	5:45–7:00 pm	Anusara	All Levels	Rebecca
	7:15–8:45 pm	Mysore Style Ashtanga	All Levels*	Hannah
<b>Friday</b>	6:30–8:30 am	Mysore Style Ashtanga*	All Levels**	Mojdeh
	9:30–11:00 am	Vinyasa Flow	All Levels	Pat Statsky
	12:00–1:00 pm	Pilates	All Levels	Darcy Elman
	5:30–7:00 pm	Ashtanga	<b>Begin/Inter</b>	Mojdeh
	7:15–8:45 pm	Restorative	All Levels	Kathy Rule
<b>Saturday</b>	8:00–9:30 am	Iyengar-based	<b>Begin/Inter</b>	Tom Abrehamson
	10:00–11:40 am	Ashtanga Led Primary Series	Intermediate**	Philippe Alexis
	12:00–1:30 pm	Hatha Yoga	<b>Beginners</b>	Julianne Rice
<b>Sunday</b>	7:30–9:30 am	Mysore Style Ashtanga*	All Levels*	Anne Finstad
	10:00–11:30 am	Anusara Inspired	All Levels	Aska Yoshizu
	4:00–5:30 pm	Ashtanga	<b>Begin/Inter</b>	Mojdeh
	6:00–7:00 pm	Meditation (\$7 drop in)	All Levels	Mojdeh

## Fees

**All classes:**

**New Students:  
5 classes for \$50**

**\$15 drop in**  
(no need to preregister)  
\$10 for kids

**Packages:  
\$120 (\$90 kids)**

**One Month Unlimited  
\$135  
\$165 w/ Morning Mysore**

**YiY Membership  
\$125**  
(monthly unlimited,  
automatic rollover)  
**\$150 w/ Morning Mysore**

\*Studio opens at 6am. If you are new to Mysore Style classes please read the class description on our website before attending your first class at [www.yogaisyouth.com/schedule/mysore.htm](http://www.yogaisyouth.com/schedule/mysore.htm)

\*\*Familiarity with the first part of the Ashtanga Vinyasa Primary Series is recommended.

## Class Descriptions

**Anusara Yoga:** hatha yoga system that unifies a philosophy of goodness with the principles of alignment

**Ashtanga Yoga:** dynamic yoga based on the combination of breath and movement

**Hatha Yoga:** blend of Iyengar technique, Anusara heart and the 8 limbs

**Iyengar Yoga:** strength, flexibility and relaxation with correct body alignment

**Mysore Style:** self-practice with one-on-one teacher guidance and adjustment

**Vinyasa Flow:** breath and movement are synchronized in a flow of postures individual to each class

**590 Castro Street, Mountain View, CA 94041 • (650) 964-5277 • [www.yogaisyouth.com](http://www.yogaisyouth.com)**

Voted Best Yoga Studio in Mountain View 2011 by the Mountain View Voice—Thank you!