

March 2017



class schedule

DAY	TIME	CLASS	LEVEL	INSTRUCTOR
Monday	6:00–8:30 am	Mysore Style Ashtanga*	All Levels**	Anne Finstad
	12:00–1:00 pm	Lunch Time Yoga	All Levels	Thoa van Seventer
	5:30–7:00 pm	Flow and Form	Begin/Inter	Julianne Rice
	7:15–8:45 pm	Ashtanga Foundations	Beginners	Mojdeh
Tuesday	6:00–8:30 am	Mysore Style Ashtanga*	All Levels*	Beata
	10:00-11:15am	Flow and Align	Begin/Inter	Karina Lambert
	12:00–1:15 pm	Lunch Time Yoga	All Levels	Mojdeh
	New Class 5:30–6:45pm	Align and Flow	Begin/Inter	Peach Friedman
	7:15–8:30 pm	Prenatal Flow Yoga	All Levels	Marti Foster
Wednesday	6:00–8:30 am	Mysore Style Ashtanga*	All Levels*	Anne Finstad
	10:00-11:15am	Iyengar	Beginners	Betty Strain
	12:00–1:15 pm	Noon Ashtanga	All Levels	Mojdeh
	5:30–6:45 pm	Vinyasa Flow	Begin/Inter	Thoa van Seventer
	7:15–8:45 pm	Ashtanga	Begin/Inter	Mojdeh
Thursday	6:00–8:30 am	Mysore Style Ashtanga*	All Levels*	Beata
	10:00-11:15am	Flow and Align	Begin/Inter	Karina Lambert
	12:00–1:15 pm	Lunch Time Yoga	All Levels	Mojdeh
	5:30–7:00 pm	Flow for Strength	Begin/Inter	Julianne Rice
	New Class 7:15–8:30 pm	Core Flow and Inversions**	All Levels	Julianne Rice
Friday	6:30-8:00 am	Ashtanga Led Primary Series	All Levels	Philippe Alexis
	FREE class 8:00-8:20am	Pranayama	All Levels	Philippe Alexis
	12:00–1:00 pm	Friday Flow	All Levels	Thoa van Seventer
	4:00-5:15pm	Prenatal Flow Yoga	All Levels	Marti Foster
	5:30–7:00 pm	Ashtanga	Begin/Inter	Mojdeh
	7:15–8:30 pm	Deep Healing Relaxation	All Levels	Mojdeh
Saturday	8:00–9:30 am	Iyengar	Begin/Inter	Yoon Cho
	10:00–11:40 am	Ashtanga Led Primary Series	Begin/Inter	Mojdeh
	12:30-1:45pm	Flow Foundations	Begin/Inter	Julianne Rice
Sunday	7:00–9:30 am	Mysore Style Ashtanga	All Levels*	Anne Finstad
	10:30–12 noon	Hatha Yoga	All Levels	Aska Yoshizu
	4:00–5:30 pm	Ashtanga	Begin/Inter	Mojdeh
	6:00–7:15 pm	Meditation (\$10 drop in)	All Levels	Mojdeh

Prices:

New Students:
3 classes for \$30.
 (not valid for morning mysore)

\$20 drop in
 (no need to preregister)

10 class pack - **\$140**

20 class pack - **\$260**

One Month Unlimited- **\$155**
\$220 w/ Morning Mysore

Membership

(automatic monthly payment
 6 months minimum.)

\$125 Unlimited, no Mysore

Membership Plus Mysore

(automatic monthly payment
 6 months minimum.)

\$195 Unlimited Plus Mysore

\$165 Limited Mysore 3/week

*Studio opens at 6am. This class is waitlisted. If you are new to Mysore Style classes or to YiY please email info@yogaisyouth.com before attending.

**Reading the description online is recommended before attending.

Class Descriptions

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

Hatha Flow medium paced flow sequence, deep stretches, strength, alignment.

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

Mysore Style: ashtanga yoga self-practice with one-on-one teacher guidance and adjustment, early morning classes.

Flow (any) breath and movement are synchronized in a flow of postures individual to each class and teacher.

Deep Relaxation breathing, gentle movements and supported resting poses that meet you at your level of ability

****Please see more yoga styles descriptions on our website

590 Castro Street, Mountain View, CA 94041 • info@yogaisyouth.com • www.yogaisyouth.com

Serving our Community since 1999.