

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 Foundations	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 Instructor 5:30–6:45pm	Align and Flow	Begin/Inter	Rebecca Mendenhall
	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
	NEW Class 12:00–1:00 pm	Aligned Vinyasa	All Levels	Hana Raftery
	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
	7:15–8:30 pm	Handstand Clinic**	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
	NEW Class 2:00–3:00 pm	Baby and Me	All Levels	Marti Foster
	4:00–5:15pm	Prenatal Flow Yoga	All Levels	Marti Foster
	5:30–7:00 pm	Ashtanga	Begin/Inter	Mojdeh
Saturday	7:15–8:30 pm	Deep Healing Relaxation	All Levels	Mojdeh
	8:00–9:30 am	Iyengar	Begin/Inter	Yoon Cho
	10:00–11:40 am	Ashtanga Led Primary Series	Begin/Inter	Mojdeh
Sunday	12:30–1:45pm	Flow Foundations	Begin/Inter	Julianne Rice
	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.