



class schedule

*** No need to register for classes.

DAY	TIME	CLASS	LEVEL	INSTRUCTOR	Prices:
Monday	6:00–8:30 am	Mysore Style Ashtanga*	All Levels**	Anne Finstad	(subject to change without notice). New Students: 20 days for \$40 (not valid for morning mysore. bay area residents only). \$20 drop in 5 class pack - \$90 10 class pack - \$165 20 class pack - \$300 One Month Unlimited- \$175 \$245 w/ Morning Mysore Membership Options: (automatic monthly payment at least 6 months) \$135 Unlimited, no Mysore Membership Plus Mysore (automatic monthly payment at least 6 months) \$215 Unlimited Plus Mysore \$180 Limited Mysore 3/week
	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	
	5:30–6:45pm	Align and Flow	Begin/Inter	Rebecca Mendenhall	
Wednesday	6:00–8:30 am	Mysore Style Ashtanga*	All Levels*	Anne Finstad	
	10:00-11:15am	Iyengar	Beginners	Betty Strain	
	12:00–1:00 pm	Gentle Flow	All Levels	Thoa van Seventer	
	5:30–6:45 pm	Aligned Vinyasa	Begin/Inter	Hana Raftery	
Thursday	7:15–8:45 pm	Ashtanga	Begin/Inter	Mojdeh	
	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	
Friday	5:30–7:00 pm	Flow for Strength	Begin/Inter	Julianne Rice	
	7:15–8:30 pm	Handstand Clinic**	All Levels	Julianne Rice	
	6:30-8:00 am	Ashtanga Led Primary Series	All Levels	Philippe Alexis	
	8:00-8:20am	Pranayama (Free Class)	All Levels	Philippe Alexis	
	12:00–1:00 pm	Friday Flow	All Levels	Thoa van Seventer	
	2:00-3:00 pm	Baby and Me	All Levels	Marti Foster	
Saturday	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	
	8:00–9:30 am	Beginner Friendly Align Yoga	Begin/Inter	Yoon Cho	
Sunday	10:00–11:40 am	Ashtanga Led Primary Series	Begin/Inter	Mojdeh	
	12:30-1:45pm	Flow Foundations	Begin/Inter	Julianne Rice	
	7:30–9:30 am	Mysore Style Ashtanga	All Levels*	Anne Finstad	
Sunday	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	

*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

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