



class schedule

*** NO REGISTRATION NEEDED TO ATTEND CLASSES.

DAY	TIME	CLASS	LEVEL	INSTRUCTOR	Prices:
Monday	6:30 - 9:00am	Mysore Style Ashtanga*	All Levels*	Anne Namur	(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 for 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 Flow	AdvBeg/Inter	Thoa van Seventer	
	5:30–7:00 pm	Flow for Strength	Begin/Inter	Julianne Rice	
	7:15–8:45 pm	Ashtanga Foundations	Beginners	Mojdeh	
Tuesday	6:30 - 9:00am	Mysore Style Ashtanga*	All Levels*	Beata	
	9:00-10:15am	Energy Aligned Vinyasa	All Levels	Lynn Heinrichs	
	12:00–1:15 pm	Lunch Time Yoga	All Levels	Mojdeh	
	5:30–6:45pm	Flow for Strength	Begin/Inter	Ever Leon	
	7:15–8:30 pm	Prenatal Flow Yoga	All Levels	Marti Foster	
Wednesday	6:30 - 9:00am	Mysore Style Ashtanga*	All Levels*	Meghan Marshall	
	10:00-11:15am	Iyengar	Beginners	Betty Strain	
	12:00–1:00 pm	Lunch Time Flow	AdvBeg/Inter	Thoa van Seventer	
	5:30–6:45 pm	Aligned Hatha	Begin/Inter	Yoon Cho	
	7:15–8:45 pm	Ashtanga	Begin/Inter	Mojdeh	
Thursday	6:30 - 9:00am	Mysore Style Ashtanga*	All Levels*	Beata	
	9:00-10:15am	Energy Aligned Vinyasa	All Levels	Lynn Heinrichs	
	12:00–1:15 pm	Lunch Time Yoga	All Levels	Mojdeh	
	5:30–7:00 pm	Flow for Strength	Begin/Inter	Julianne Rice	
	NEW, blue room 7:00-7:30pm	Meditation by Donation	All Levels	Julianne Rice	
	7:15-8:30pm	Prenatal Flow Yoga	All Levels	Marti Foster	
Friday	6:30-8:00 am	Ashtanga Led Primary Series	All Levels	Philippe Alexis	
	8:00-8:30am	Pranayama (Free Class)	All Levels	Philippe Alexis	
	8:30-10:00am	Mysore Style Ashtanga	All Levels	Meghan Marshall	
	12:00–1:00 pm	Friday Flow	AdvBeg/Inter	Thoa van Seventer	
	NEW 2:30 - 3:30pm	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	
	7:15–8:15 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	
	NEW start time 12:00-1:30pm	Flow for Strength	Begin/Inter	Julianne Rice	
Sunday	7:00–9:30 am	Mysore Style Ashtanga	All Levels*	Beata	
	10:30–12 noon	Hatha Yoga	All Levels	Aska Yoshizu	
	4:00–5:30 pm	Ashtanga	Begin/Inter	Mojdeh	
	6:00–7:00 pm	Meditation (\$10 drop in)	All Levels	Mojdeh	

*Studio opens at 6am. If you are new to Mysore Style classes or to YiY, please email info@yogaisyouth.com 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 focus on correct body alignment. Great for new to yoga learning.

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 classes descriptions on our website

1954 Old Middlefield Way, Mountain View, CA 94043 • info@yogaisyouth.com • www.yogaisyouth.com

Serving our Community since 1999.