

September 2019



# class schedule

\*\*\* NO REGISTRATION NEEDED TO ATTEND CLASSES.

DAY	TIME	CLASS	LEVEL	INSTRUCTOR
Monday	6:30 - 9:00am	Mysore Style Ashtanga*	All Levels*	Anne Namur
	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
	10:00-11:00am	Beginning Ashtanga	All Levels	Sanjana
	11:30-1:00pm	David Roches Adapted Series	All Levels	Elaine Baskin
	12:00-1:15 pm	Lunch Time Yoga	All Levels	Mojdeh
	5:30-6:45pm	Flow for Strength	Begin/Inter	Ever Leon
	6:00-7:00 pm	Yoga for Aging Well	All Levels	Marti Foster
	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
	10:00-11:00am	Beginning Ashtanga	All Levels	Sanjana
	11:30-1:00pm	David Roches Adapted Series	All Levels	Elaine Baskin
	12:00-1:15 pm	Lunch Time Yoga	All Levels	Mojdeh
	5:30-7:00 pm	Flow for Strength	Begin/Inter	Julianne Rice
	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	Intermediate	Philippe Alexis
	8:00-8:30am	Pranayama (Free Class)	All Levels	Philippe Alexis
	12:00-1:00 pm	Friday Flow	AdvBeg/Inter	Thoa van Seventer
	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
	10:00-11:30 am	Ashtanga Led Primary Series	Begin/Inter	Mojdeh
	12:00-1:15pm	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	All Levels	Mojdeh

**Prices:**  
(subject to change without notice).

**New Students:**  
**20 days for \$40**  
(not valid for morning mysore. bay area residents only).

drop in \$25  
5 class pack - \$110  
10 class pack - \$199  
20 class pack - \$360  
10 class kids(7-14yo) - \$120

One Month Unlimited- \$190  
\$245 w/ Morning Mysore

**Regular Membership:**  
(automatic monthly payment  
6 months minimum )  
**\$159 Unlimited, no Mysore**

**Membership Plus Mysore**  
(automatic monthly payment  
6 months minimum )  
**\$215 Unlimited Plus Mysore**  
**\$180 Limited Mysore 3/week**

\*Studio opens at 6am. If you are new to Mysore Style classes or to YiY, please email [info@yogaisyouth.com](mailto:info@yogaisyouth.com) before attending.

\* Schedule subject to change, please see [yogaisyouth.com](http://yogaisyouth.com) for most updated information.

## 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](mailto:info@yogaisyouth.com) • [www.yogaisyouth.com](http://www.yogaisyouth.com)  
Serving our Community since 1999.