

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	Ever Leon
	7:15-8:45 pm	Ashtanga Foundations	Beginners	Mojdeh
Tuesday	6:30 - 9:00am	Mysore Style Ashtanga*	All Levels*	Beata
	7:00-8:15am	Gentle Yoga for Strength	All Levels	Ken and Elaine
	NEW 12:00-1:00 pm	Lunch Time Flow	All Levels	Eden Edell
	4:15-5:15pm	Children's Yoga & Mindfulness	All Levels	Bonnie Hasson
	5:30-7:00pm	Flow for Strength	Begin/Inter	Julianne Rice
	5:45-7:00pm	Sage Women Yoga	All Levels	Marti Foster
	7:10-7:30pm	Meditation no charge	All Levels	Julianne Rice
	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
	7:00-8:15am	Gentle Yoga for Strength	All Levels	Ken and Elaine
	NEW 12:00-1:00 pm	Lunch Time Flow	All Levels	Yiping Tsai
	5:30-7:00 pm	Flow for Strength	Begin/Inter	Julianne Rice
	5:45-7:00pm	Sage Women Yoga	All Levels	Marti Foster
	7:10-7:30pm	Meditation no charge	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
	5:45-6:45pm	Meditation (\$15)	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

Membership:
(automatic monthly payment 6 months minimum)
\$159 Unlimited, no Mysore
\$215 Unlimited Plus Mysore
\$180 Limited+Mysore (14 classes)

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

* Schedule subject to change, please see 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