

Community Yoga Center • March 2010

On the Plaza • 890 G Street • Arcata, CA 95521 • www.communityyoga.org

Welcome to our center. Thank you for joining us! If you have a question about a class, please call the instructor. Please come to classes on time, in comfortable (non-restrictive) clothing, with an empty belly (at least 2-3 hours after eating a big meal). Yoga mats, blankets and other props are available for use in class. Good quality mats, blocks, & other props are also for sale. If you are pregnant or have a physical condition, please inform the instructor before class begins. Namaste.



Day	Time	Class	Instructor	Drop-in	Series Fees and Notes
Mon	8:00 - 10:00am	Ashtanga-Vinyasa style Lev 1-2	Juliet Smith	\$10	\$80 for 10 classes* 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** \$10 per month 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120**
	10:15 - 11:30am	Gentle Yoga	Donvieve Christian (IFY)	\$10	
	4:10 - 5:10 pm	Meditation Group	Heidi Bourne	\$3	
	5:30 - 6:45 pm	Anusara Yoga® Level 1	Robyn Smith (IFY)	\$12	
Tues	7:00 - 9:00 am	Mysore-style Ashtanga Yoga	Juliet Smith	\$10	\$80 for 10 classes* 6 for \$48, 15 for \$105 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120**
	9:15 - 10:30 am	Level 1- Community	Heather Kutil (IFY)	\$5	
	Noon - 1:15 pm	Yoga Level 1	James Athing	\$10	
	4:00 - 5:15 pm	Anusara Yoga Level 1	Kendra Inzer (IFY)	\$10	
	5:30 - 7:00 pm	Anusara Yoga Level 2-3	Robyn Smith (IFY)	\$12	
Wed	9:00 - 10:30am	Anusara Yoga Level 1-2	Robyn Smith (IFY)	\$12	3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** 6 for \$45-\$55
	10:45am-12:00pm	Anusara Yoga Level 1	Robyn Smith (IFY)	\$12	
	5:00 - 6:15 pm	Prenatal Yoga	Paula Scott	\$10	
Thurs	7:00 - 9:00am	Mysore-style Ashtanga Yoga	Juliet Smith	\$10	\$80 for 10 classes* New class - see description 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120**
	9:15 - 10:30 am	Level 1- Community	Heather Kutil (IFY)	\$5	
	5:45 - 7:00 pm	Anusara Yoga Level 1-2	Patrick (IFY)	\$12	
Fri	9:00 - 10:30 am	Anusara Level 1-2 +	Robyn Smith (IFY)	\$12	3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** 6 for \$48, 15 for \$105
	10:45am - noon	Anusara Yoga Basics	Kendra Inzer (IFY)	\$10	
	5:30 - 6:45 pm	Yoga Level 1	James Athing	\$10	
	7:30 - 9:30 pm	Tantra Kriya Yoga	Kali & Gary	\$12	
Sat	10:00 - 11:30 am	Anusara Yoga Level 1-2	Patrick Harestad (IFY)	\$12	3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** NOTAFLOF. See description.
	9:00 - 11:00 pm	The Arcata Dance Jam	Amanda & Akenaton	\$3- \$5	
Sun	9:00 - 10:30 am	Yogananda Meditation Group		donation	2nd and 4th Sundays each month Every Sunday
	6:00 - 8:00 pm	Tibetan Meditation Group		donation	

Bold type indicates new class or time. *Seniors and Full-Time Students: ask about special rates.

**Applies to IFY classes: Seniors 65+ and Full-Time Students: \$9 drop-in or \$42 - 52 for 6 with 90-day time limit.

(IFY): When you purchase a series with an Inner Freedom Yoga teacher, you can use it for classes with any IFY teacher.

Monthly pass: \$75 - 90. \$70 for Seniors and Full-Time students.

For more information see www.communityyoga.org