

Community Yoga Center • January 2009

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	8:30-10:00am 11:00-Noon 4:10-5:10 pm 5:30-6:45 pm	Ashtanga-Vinyasa style Lev 1-2 Baby Boogie Meditation Group Anusara Yoga® Level 1	Juliet Smith Julie Lerwill Heidi Bourne Robyn Smith (IFY)	\$12 \$1 – \$3 \$3 \$12	\$100 for 10-punch card \$10 per month 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120**
Tues	7:00-9:00 am 10:00-11:30 am Noon-1:15 pm 4:00-5:15 pm 5:30-7:00 pm	Mysore-style Ashtanga Yoga Anusara Yoga Level 1-2 Yoga Level 1 Yoga Level 1 Anusara Yoga Level 2	Juliet Smith Patrick Harestad (IFY) James Athing Kendra Inzer (IFY) Robyn Smith (IFY)	\$10 \$12 \$12 \$10 \$12	First class free, \$80 for 10 classes* 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** New time 6 for \$48 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120**
Wed	9:00-10:25am 10:30-11:45am 3:00-4:30 pm 5:00-6:15 pm	Anusara Yoga Level 1-2 Anusara Yoga Level 1 Kundalini Yoga, Meditation & Mantra Prenatal Yoga	Robyn Smith (IFY) Robyn Smith (IFY) Joan Richards Paula Scott	\$12 \$6 – \$12 \$10 \$9	3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** 5 classes \$40 6 for \$40-\$50
Thurs	7:00-9:00am 9:15-10:30 am 4:00-5:00 pm 4:00-5:15pm 5:45-7:00 pm	Mysore-style Ashtanga Yoga Anusara-style Yoga Level 1 Children's Yoga 4-8 yrs. Yoga Level 1 Yoga Level 1-2	Juliet Smith Kendra Inzer (IFY) Tanya Hunt Kendra Inzer (IFY) Patrick (IFY)	\$10 \$10 \$10 \$12	First class free, \$80 for 10 classes* 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** Children's Yoga is cancelled 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** New class 3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120**
Fri	9:00-10:30 am 10:45am-noon 5:30-6:45 pm	Anusara Level 1-2 + Yoga Basics Yoga Level 1	Robyn Smith (IFY) Kendra Inzer (IFY) James Athing	\$12 \$10 \$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
Sat	10:00-11:30 am 9:00-11:00 pm	Yoga Level 1-2 The Arcata Dance Jam	Patrick Harestad (IFY) Amanda & Akenaton	\$12 \$3– \$5	3 for \$30, 6 for \$55 - 65, 12 for \$100 - 120** New time NOTAFLOF. See description
Sun	9:00-10:30 am 6:00-8:00 pm	Yogananda Meditation Group Tibetan Meditation Group		donation donation	2nd and 4th Sundays each month Every Sunday
*Seniors and Full-Time Students: ask about special rates.			**Seniors 65+ and Full-Time Students: \$9 drop-in or \$42 - 52 for 6 with 90-day time limit. New Student Special: For new students to Inner Freedom Yoga, pay just \$30 for 2 weeks of yoga! Just come to your first IFY class and we'll get you started! Offer expires on Jan. 31st.		

For more information see our website at www.communityyoga.org