

FEBRUARY
2012

Community Yoga Center



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, and 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 - 9:45 am 10:00 - 11:15 am 4:10 - 5:10 pm 5:30 - 6:45 pm	Basics - 1 Level 1 - 2 Meditation Group Anusara Yoga® Level 1	Donvieve (IFY) Donvieve (IFY) Heidi Bourne Robyn Smith (IFY)	\$12 \$12 \$3 \$12	3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120* 3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120* \$10 per month 3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120*
Tues	9:00 - 10:15 am 10:30 - 11:30am Noon - 1:15 pm 4:00 - 5:00 pm 5:30 - 7:00 pm	Level 1 - Community Fit for All Your Life Yoga Level 1 Community Flow - All Levels Anusara Yoga Level 1 - 2+	Jaime White (IFY) Gayle Patrice James Athing Micki Lewis (IFY) Patrick Harestad (IFY)	\$5 - 10 \$10 \$10 \$5 \$12	Please pay what you can 5 classes for \$40 or \$10/class. FIRST CLASS FREE 6 for \$48, 15 for \$105 3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120*
Wed	9:00 - 10:30am 10:45am-12:30pm 5:30 - 6:45 pm	Anusara Yoga Level 1 - 2 Anusara Level 2-3 Practice Anusara Yoga Level 1	Robyn Smith (IFY) Robyn Smith (IFY) Robyn Smith (IFY)	\$12 \$12 \$12	3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120* 3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120* 3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120*
Thurs	9:00-10:15 am 11:00 am -12:15 pm 4:00 - 5:00 pm 5:30 - 6:45 pm 7:00 - 8:00 pm	Level 1 - Community Prenatal Yoga Community Flow - All Levels Yoga Level 1 Meditation	Jaime White (IFY) Tina George Micki Lewis (IFY) James Athing Swami Girijananda	\$5 - 10 \$10 \$5 \$10 \$5-10	Please pay what you can 6 for \$48, 15 for \$105
Fri	9:00 - 10:40 am 11:00am - 12:30 5:15 - 6:30 pm	Anusara Yoga Level 2 Anusara Yoga Basics Anusara Yoga Level 1 -2	Robyn Smith (IFY) Kendra Inzer (IFY) Kendra Inzer (IFY)	\$12 \$12 \$12	3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120* 3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120* 3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120*
Sat	9:00 - 10:30 am	Anusara Yoga Level 1 - 2 (new time)	Micki Lewis (IFY)	\$12	3 for \$33, 6 for \$60 - 65, 12 for \$108 - 120*
Sun	8:00-9:15 am 9:00 - 10:30 am 6:00 - 8:00 pm	Svaroopaa®-Style Bliss Yoga Yogananda Meditation Group Tibetan Meditation Group	Uma Sarason	\$7 donation donation	New location, see footnote** 2nd & 4th Sundays each month Every Sunday

*Applies to IFY classes: Monthly Pass (MP): \$95 - 115 (sliding scale) - max 20 classes/month.

Full-Time Students and 65+ Seniors: drop-in \$9, 6 classes: \$45 - \$55 .

**Uma's class is now at Isis Scrolls Healing Center #48 in Sunnybrae, Saturdays from 10-11:15 am starting in February.

(IFY): All IFY teachers teach in the Anusara style of yoga. When you purchase a series with an Inner Freedom Yoga teacher, you can use it for classes with any IFY teacher.

For more information see www.communityyoga.org