



858 10th St., Arcata
 825-YOGA (9642)
 www.omshalayoga.com

class schedule

FALL 2010: September 1 - December 31

monday

9:00 - 10:40	Anusara <i>level II-III</i>	Peggy Profant
9:00 - 10:30	Prenatal Yoga	Paula Scott
10:45 - 12:00	Anusara <i>level I</i>	Peggy Profant
11:00 - 12:30	Power Yoga <i>all Levels</i>	Heather Woodman
* 4:15 - 5:25	Level I-II	Molly Steele
5:45 - 7:15	Vinyasa Flow <i>level I-II</i>	Emily Trutt
* 7:30 - 9:00	Vinyasa Flow <i>all levels</i>	Freetah B!

tuesday

* 9:00 - 10:25	Vinyasa Flow <i>level I-II</i>	Allison Pals
9:00 - 10:30	Forrest Yoga <i>all levels</i>	Janine Melzer
10:30 - 12:00	Anusara Inspired <i>level I-II</i>	Shemaia Skywater Lucas
* 1:00 - 2:30	Community Class \$5	Jennifer Fuller
4:15 - 5:25	Kids' Yoga <i>ages 4-8</i>	Elizabeth Who
4:15 - 5:25	Level I-II	Manderella Wood
5:30 - 7:00	Vinyasa & Alignment <i>all levels</i>	Christine Fiorentino
* 6:00 - 7:30	Universal Meditation <i>donation</i>	Marta McCary
7:30 - 9:00	Groove Yoga <i>level I-II</i>	Lori Snyder

wednesday

9:00 - 10:30	Anusara <i>level I-II</i>	Peggy Profant
* 9:00 - 10:30	Gentle Yoga	Deborah Terell
10:35 - 10:55	Pranayama & Meditation <i>free</i>	Peggy Profant
11:00 - 12:30	Vinyasa Flow <i>level I-II</i>	Lori Snyder
* 4:15 - 5:25	Level I-II	Molly Steele
5:30 - 6:45	Level I Community Class \$5	Kyla McNeese
5:45 - 7:15	Vinyasa Flow <i>level I-II</i>	Emily Trutt
* 7:00 - 8:30	Restorative Yoga	Kyla McNeese
* 7:30 - 9:00	Vinyasa Flow <i>all Levels</i>	Freetah B!

thursday

* 9:00 - 10:25	Vinyasa Flow <i>level I-II</i>	Allison Pals
10:30 - 11:30	Mommy/Daddy & Me \$5	Franchesca Hanna
10:30 - 12:00	Anusara Inspired <i>level I-II</i>	Shemaia Skywater Lucas
* 12:30 - 2:30	Anusara Practice <i>level II-III</i>	Peggy Profant/Robyn Smith
* 1:00 - 2:30	Community Class \$5	Meggy Grijalva
4:15 - 5:25	Kids' Yoga <i>ages 9-12</i>	Elizabeth Who
4:15 - 5:25	Level I-II	Manderella Wood
5:30 - 7:00	Vinyasa & Alignment <i>all levels</i>	Christine Fiorentino
* 6:00 - 7:30	Universal Meditation <i>donation</i>	Marta McCary
7:30 - 9:00	Groove Yoga <i>level I-II</i>	Lori Snyder

friday

9:00 - 10:30	Anusara <i>level I-II</i>	Peggy Profant
10:45 - 12:00	Anusara <i>level I</i>	Peggy Profant
11:00 - 12:30	Vinyasa Flow <i>level I-II</i>	Lori Snyder
5:45 - 7:15	Vinyasa Flow <i>level I-II</i>	Emily Trutt
* 7:30 - 9:00	Candlelight Flow <i>all levels</i>	Freetah B!

saturday

9:00 - 10:25	Forrest Yoga <i>all levels</i>	Janine Melzer
10:30 - 12:00	Groove Yoga <i>level II-III</i>	Lori Snyder

sunday

* 9:00 - 10:25	Gentle Yoga	Deborah Terell
* 10:30 - 12:00	Vinyasa Flow <i>level I-II</i>	Freetah B!
* 5:00 - 6:25	Community Class \$5	Brooke Adams
* 5:00 - 6:25	Universal Meditation <i>donation</i>	Marta McCary
6:30 - 8:00	Restorative Yoga	Jodie DiMinno

* Indicates new class, time, or teacher.

Classes subject to change without notice; please check website for most current schedule.

prices

Single Classes / Class Passes include sauna before or after class. Passes are good for one year and can be shared if you're feeling super generous. Students with ID & Seniors 65+ get 15% off a 5-class Pass.

10-class Pass	\$100 (\$10/class)
5-class Pass	\$65 (\$13/class)
Single Class	\$14
Community Class	\$5
Kids' Yoga	\$10
Mommy/Daddy & Me	\$5/child

Unlimited passes include sauna anytime.

Automated Bliss Program	\$99
(ABP is an auto-renew monthly unlimited program; 6-month commitment required)	
Monthly Unlimited	\$125

Guaranteed Happiness Offer \$65: For students new to yoga: \$65 for either 1 month or 10 classes, whichever comes first, with a money-back guarantee.

We offer many work-trade opportunities for students who cannot afford yoga but have time or skills to help. If you are interested, please call us at 825-9642.

massage at om shala yoga

We offer deep tissue, acupressure, shiatsu, prenatal and other modalities. Massages include use of sauna, showers, and our comfy couch. Ahhhh...

60-minute massage	\$65
90-minute massage	\$90

teacher trainings, etc.

100-hr Anusara Yoga Immersion & 100-hr Teacher Training w/ Peggy Profant

— Immersion begins September 20 2010; Teacher Training begins January 2011.

200-hr Vinyasa Teacher Training w/ Lori Snyder

— Begins January 2011.

Intro to Hatha Yoga w/Freetah B! — 3-hour workshops offered three different Saturdays: 9/25, 10/23 or 11/20. 1 - 4 p.m. | \$30.

Intro to Vinyasa Flow w/Freetah B! — Offered three different Sundays: 9/26, 10/24 or 11/21. 1 - 4 p.m. | \$30. \$50 for both intro workshops.

class levels

Level I — Accessible for everyone; no flexibility or experience required.

Level I-II — For advanced beginners and intermediate students. Not appropriate as a first-ever yoga class unless you are already body-aware and active.

Level II-III — Intermediate/advanced. Not appropriate for beginners.

class descriptions

Anusara & Anusara Inspired — Combines a life-affirming philosophy with a refined system of physical alignment. A heart-opening theme is woven through each class.

Anusara Practice Level II-III — Join teachers practicing in a fun/challenging class that explores a variety of advanced asanas. Must be able to hold supported handstand and press up into full wheel.

Candlelight Flow — Candles and Vinyasa Flow. What better way to start the weekend?

Community Class — A quality half-price (\$5) class, taught by new teachers or teacher trainees.

Forrest Yoga — A strong and compassionate practice, created by master yogi Ana Forrest, that brings a sense of freedom and connection to spirit.

Gentle Yoga - A friendly introduction or re-introduction to yoga. Ease into your practice with clear, simple instruction. A slower-paced class with plenty of time to breathe.

Groove Yoga — For those who like your yoga funky, we salute you! A spirited Vinyasa Flow class to an eclectic musical soundtrack, from Krishna Das to Kermit the Frog. Seriously.

Mommy/Daddy & Me, ages 0-4 — Play, stretch, and breathe with your little ones! \$5 per child; adults free.

Power Yoga — Based on the Baptiste Power Vinyasa Yoga style. Taught in a heated room; expect to move and sweat.

Pranayama & Meditation — Breathwork and meditation; no experience necessary...and free!

Prenatal Yoga — Give yourself, your birth, and your baby the gifts of ease, strength, and joy. No experience necessary.

Restorative Yoga — Gentle poses supported by blankets. No sweat, no effort; just extreme relaxation.

Vinyasa Flow — A vigorous, flowing practice that links breath with movement and is often accompanied by music. Expect to move and sweat.

Universal Meditation - Yogic energy practices to align the spirit, followed by a 20-minute meditation. Offered by donation.