



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

class schedule

FALL/WINTER 2011: September 1 - December 31

monday

* 7:00 - 8:15	Rise and Shine <i>All levels</i>	Jennifer Fuller
9:00 - 10:40	Anusara <i>Level II-III</i>	Peggy Profant
9:00 - 10:30	Prenatal Yoga <i>All levels</i>	Jodie DiMinno
11:00 - 12:15	Anusara <i>Level I</i>	Peggy Profant
1:00 - 2:30	Community Class \$7	Meka Hunt
5:00 - 5:40	Laughter Yoga <i>Free</i>	Kathleen Krauss
* 5:45 - 7:15	Vinyasa Flow <i>All levels</i>	Jehfree Spirit
* 7:30 - 9:00	Candlelight Flow <i>Level I-II</i>	Emily Trutt

tuesday

9:00 - 10:25	Vinyasa Flow <i>Level I-II</i>	Emily Trutt
* 10:30 - 12:00	Multi-level Yoga	Allison Pals
4:15 - 5:25	Community Class \$7	Jennifer Fuller
* 4:15 - 5:25	Kids' Yoga <i>(ages 5-8) \$10</i>	Artemisia Shine
5:30 - 7:00	Vinyasa & Alignment <i>All levels</i>	Christine Fiorentino
7:30 - 9:00	Hatha Raja	April Martin

wednesday

* 7:00 - 8:15	Rise and Shine <i>All levels</i>	Jennifer Fuller
9:00 - 10:30	Anusara <i>Level I-II</i>	Peggy Profant
10:35 - 10:55	Pranayama/Meditation <i>Free</i>	Peggy Profant
11:00 - 12:30	Hatha Raja	April Martin
1:00 - 2:30	Community Class \$7	Sarah Van Wesep
5:00 - 6:15	Prenatal Yoga <i>All levels</i>	Jodie DiMinno
* 5:45 - 7:15	Vinyasa Flow <i>All levels</i>	Jehfree Spirit
* 7:00 - 8:00	Sahaja Meditation <i>Free</i>	Arianna Singh Love
* 7:30 - 9:00	Candlelight Flow <i>Level I-II</i>	Emily Trutt

thursday

9:00 - 10:25	Vinyasa Flow <i>Level I-II</i>	Emily Trutt
* 10:30 - 11:30	Mommy/Daddy & Me \$5	Lucera Love/Laurie Birdsall
10:30 - 12:00	Multi-Level Yoga	Shemaia Lucas Skywater
* 12:30 - 2:30	Anusara Practice <i>Level II-III</i>	Peggy Profant
4:15 - 5:25	Community Class \$7	Jennifer Fuller
* 4:15 - 5:25	Kids' Yoga <i>(ages 9-12) \$10</i>	Artemisia Shine
5:30 - 7:00	Vinyasa & Alignment <i>All levels</i>	Christine Fiorentino
7:30 - 9:00	Hatha Raja	April Martin

friday

9:00 - 10:30	Anusara <i>Level I-II</i>	Peggy Profant
10:35 - 10:55	Pranayama/Meditation <i>Free</i>	Peggy Profant
11:00 - 12:15	Anusara <i>Level I</i>	Peggy Profant
1:00 - 2:30	Community Class \$7	Tanya Hunt
* 5:45 - 7:15	Candlelight Hot Flow <i>All Levels</i>	Heather Woodman
* 7:30 - 10:00	Hatha Raja Sadhana <i>Monthly</i>	April Martin

saturday

9:00 - 10:25	Forrest Yoga <i>All levels</i>	Janine Melzer
* 10:30 - 12:00	Vinyasa Flow <i>Level I-II</i>	Suzanne Dunning

sunday

* 9:00 - 10:40	Chakra Yoga <i>All levels</i>	Allison Pals
10:30 - 12:00	Vinyasa Flow <i>Level I-II</i>	Jehfree Spirit
* 5:00 - 6:25	Community Class \$7	Page Smith
* 5:00 - 6:25	Meditation <i>Donation</i>	Swami Girijananda
6:30 - 8:00	Restorative Yoga <i>All levels</i>	Jodie DiMinno

prices

Single Classes/Class Passes include sauna before or after class. Passes are good for one year and can be shared. 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	\$7
Kids' Yoga	\$10
10-class Community Pass	\$55
Mommy/Daddy & Me	\$5/child

Unlimited Passes include sauna anytime.

Automated Bliss Program	\$99
(APB 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.

Yoga Therapy/Private Yoga Sessions include sauna. Please see front desk for available therapists/modalities i.e. Anusara, Phoenix Rising, Integrative.

60-minute	\$65
90-minute	\$90 (Phoenix Rising, IYT)

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 and showers. Ahhhh...

60-minute massage	\$65
90-minute massage	\$90
90-minute Traditional Thai	\$120
Drop-in Sauna	\$7

upcoming events

Yoga and Childbirth—4 week series starting Tuesday, September 6th with Jodie DiMinno.

Kundalini Yoga—6 week series starting Thursday, September 8th with Joan Richards.

Postpartum Recovery Yoga—6 week series starting Wednesday, Sept 14th with Jodie DiMinno.

Yantra Painting Workshop—4 week series starting Sunday, September 18th with Andrew Christian.

The 7-day Purifying Cleanse—September 24th-October 1st : October 9th - 16th with Jehfree Spirit.

Beginner's Only—4 week series on starting Thursday, October 20th.

Yoga for Gardeners—6 week series starting Tuesday, October 18th with Jennifer Brown.

Anusara Immersion & Teacher Training—Immersion begins September 15th, Teacher Training begins December 1st. Taught by Peggy Profant.

For a complete listing of workshops, please see website.

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 Peggy 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 Hot Flow — A strong physically challenging practice based on the Baptiste Power Vinyasa Yoga style. Expect to move and sweat.

Candlelight Flow — Taught in a candlelit room: a graceful and meditative practice that links breath with movement. Expect to move, sweat and relax.

Chakra Yoga — Based on the teaching of Agama yoga this style combines tantra, kundalini, and hatha yoga focusing awareness on the chakras and movement of energy in the body.

Community Class — A quality half-priced class, taught by new teachers or teacher trainees.

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

Hatha Raja — A graceful, heart centered flow, emphasizing purification through devotion and meditation. For able-bodied practitioners only. Not appropriate for beginners. Expect to move and sweat.

Hatha Raja Sadhana — A monthly 2.5 hour Hatha Raja practice emphasizing purification through pranayama, asana, kriyas, meditation and devotion. Fridays: 9/23, 10/21, 11/18, & 12/16. \$22 drop-in or \$75 for all 4 classes.

Laughter Yoga — Combines laughter with yogic breathing. The goal of laughter yoga is to bring health, joy and world peace through laughter. Free!

Meditation with Swami Girijananda — A post traditional practice that draws on both Hindu and Buddhist traditions. Offered by donation.

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

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 to encourage opening and release. No sweat, no effort; just extreme relaxation.

Rise and Shine Yoga — Get your prana moving, and awaken the body to the light of the day, with this playful Hatha style gentle flow class.

Sahaja Meditation — A method of Self Realization that can occur within each human being. Offered by donation.

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