



om shala yoga

yoga • sauna • community

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

# class schedule

SPRING 2010: January 1 - April 30

## monday

9:00 - 10:40	<b>Anusara</b> <i>Level II-III</i>	Peggy Profant
9:00 - 10:30	<b>Prenatal Yoga</b> <i>all levels</i>	Paula Scott
10:45 - 12:00	<b>Anusara</b> <i>Level I</i>	Peggy Profant
11:00 - 12:30	<b>Vinyasa Flow</b> <i>Level I-II</i>	Mary Tillman
5:45 - 7:25	<b>Hatha Raja</b> <i>Level I-II</i>	April Martin
* 7:00 - 8:30	<b>Vinyasa Bliss</b> <i>Level I-II</i>	Mary Tillman

## tuesday

9:00 - 10:30	<b>Vinyasa Flow</b> <i>Level I-II</i>	Raki Kopernik
9:00 - 10:30	<b>Forrest Yoga</b> <i>all levels</i>	Janine Melzer
10:30 - 12:00	<b>Anusara Inspired</b> <i>Level I-II</i>	Shemaia Skywater Lucas
* 1:00 - 2:30	<b>Community Class</b> \$5	new tchr/tchr trainee
4:15 - 5:25	<b>Kids' Yoga</b> <i>ages 5-8</i>	Janelle Mitnick
* 4:15 - 5:25	<b>Level I-II</b>	Seth Powell
5:30 - 7:00	<b>Vinyasa &amp; Alignment</b> <i>all levels</i>	Christine Fiorentino
* 6:30 - 8:00	<b>Vinyasa Flow</b> <i>Level I-II</i>	Laura Muñoz
7:30 - 9:00	<b>Groove Yoga</b> <i>Level I-II</i>	Lori Snyder

## wednesday

9:00 - 10:30	<b>Anusara</b> <i>Level I-II</i>	Peggy Profant
* 9:00 - 10:00	<b>Gentle Yoga for 50+</b> <i>all levels</i>	Joy Soll
10:35 - 10:55	<b>Pranayama &amp; Meditation</b> <i>free</i>	Peggy Profant
10:45 - 12:00	<b>Level 1</b>	Sarah Andrae
11:00 - 12:30	<b>Vinyasa Flow</b> <i>Level I-II</i>	Lori Snyder
* 5:30 - 6:55	<b>Vinyasa &amp; Alignment</b> <i>Level I-II</i>	Sarah Andrae
5:45 - 7:25	<b>Hatha Raja</b> <i>Level I-II</i>	April Martin
7:00 - 8:30	<b>Restorative Yoga</b> <i>all levels</i>	Jodie DiMinno
7:30 - 9:00	<b>Community Class</b> \$5	new tchr/tchr trainee

## thursday

9:00 - 10:30	<b>Vinyasa Flow</b> <i>Level I-II</i>	Raki Kopernik
* 10:30 - 11:30	<b>Mommy/Daddy &amp; Me</b> \$5	Franchesca Hanna
10:30 - 12:00	<b>Anusara Inspired</b> <i>Level I-II</i>	Shemaia Skywater Lucas
* 1:00 - 2:30	<b>Community Class</b> \$5	new tchr/tchr trainee
4:15 - 5:25	<b>Kids' Yoga</b> <i>ages 9-12</i>	Elizabeth Who
* 4:15 - 5:25	<b>Level I-II</b>	rotating tchr/see website
5:30 - 7:00	<b>Vinyasa &amp; Alignment</b> <i>all levels</i>	Christine Fiorentino
* 6:30 - 8:00	<b>Vinyasa Flow</b> <i>Level I-II</i>	Laura Muñoz
7:30 - 9:00	<b>Groove Yoga</b> <i>Level I-II</i>	Lori Snyder

## friday

9:00 - 10:30	<b>Anusara</b> <i>Level I-II</i>	Peggy Profant
10:45 - 12:00	<b>Anusara</b> <i>Level I</i>	Peggy Profant
11:00 - 12:30	<b>Vinyasa Flow</b> <i>Level I-II</i>	Lori Snyder
* 5:45 - 7:25	<b>Hatha Raja</b> <i>Level I-II</i>	April Martin

## saturday

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

## sunday

10:30 - 12:00	<b>Vinyasa Flow</b> <i>Level I-II</i>	Emily Trutt
* 5:00 - 6:25	<b>Seth's Sadhana</b> <i>all levels</i>	Seth Powell
5:30 - 6:25	<b>Universal Meditation</b> <i>free</i>	Marta McCary
6:30 - 8:00	<b>Restorative Yoga</b> <i>all levels</i>	Jodie DiMinno

\* Indicates new class, time, or teacher.

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

## prices

**Drop-in and class passes** include use of sauna before or after class. Class passes are good for one year and can be shared with someone you think is really, really cool.

Single Class	\$10
Community Class	\$5
5-class pass	\$50 (no discount)
10-class pass	\$95 (\$9.50/class)
20-class pass	\$180 (\$9.00/class)

**Unlimited passes** include sauna anytime.

Monthly Unlimited	\$88
3-Month Unlimited	\$255 (\$85/mo)
6-Month Unlimited	\$498 (\$83/mo)
12-Month Unlimited	\$972 (\$81/mo)

**Guaranteed Happiness Offer** for students new to yoga: a risk-free way to see if yoga works for you. Good for 10 classes or 1 month, whichever comes first, with a money-back component. \$45

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

Many spiritual disciplines recommend massage at least once a month...plus, they make you feel good! Om Shala Yoga massage therapists are highly trained and friendly, and will customize your massage to your needs. Massages include use of sauna, showers, and our comfy couch.

60-minute massage	\$65
75-minute massage	\$75
90-minute massage	\$90

## teacher trainings

**Om Shree Om Childrens' Yoga Teacher Training** — w/ Christine McArdle-Oquindo. Learn to teach yoga to children in this 4-day intensive. January 14 - 17. \$390 by 12/14/09; \$465 after.

**Anusara Yoga Teacher Training** — w/ Peggy Profant. January through June. See website or call for more information.

coming late 2010/ early 2011: Vinyasa Flow Teacher Training (200 hours) w/ Lori Snyder

## 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 yoga class.

**Level II-III** — Intermediate/advanced.

## 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.

**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 for 50+** — For those 50(ish) or above; no experience or flexibility required.

**Groove Yoga** — For those who like your yoga funky, we salute you! A spirited Vinyasa Flow class to an eclectic musical soundtrack.

**Hatha Raja** — A graceful, physically challenging flow practice emphasizing purification through concentration and meditation. For able-bodied practitioners only; expect to move and sweat.

**Mommy/Daddy & Me** — \$5/child; adults free.

**Pranayama & Meditation / Universal Meditation** — Breathwork and meditation; 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.

**Seth's Sadhana** — An invigorating physical and spiritual practice. Explores the mind/body temple through the life-force of breath in the light of compassion, humor, and playfulness.

**Vinyasa Bliss** — Half Vinyasa Flow, half Bliss Yoga. Designed to release tension from the deepest layers of the body.

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