

class schedule

SPRING 2012: January 1 - April 30

monday

9:00 - 10:50	Anusara <i>Level II-III</i>	Peggy Profant/Patrick Harestad
* 9:00 - 10:30	Soulful Mother Practice	Jodie DiMinno
11:00 - 12:15	Anusara/Level I	Peggy Profant/Emily Trutt
* 1:00 - 2:30	Community Class \$7	Artemisia Shine
* 4:45 - 5:25	Laughter Yoga <i>Free</i>	Kathleen Krauss
* 5:30 - 6:15	Beginner Community Yoga \$7	Meka Hunt
* 5:30 - 7:15	Hatha Raja	April Martin
* 7:30 - 9:00	Candlelight Flow <i>Level I-II</i>	Jenni Brown

tuesday

9:00 - 10:25	Vinyasa Flow <i>Level I-II</i>	Emily Trutt
* 10:30 - 12:00	Multi-level Yoga	Shemaia/Sarah Andrae
* 4:00 - 5:15	Community Class \$7	Danielle Morvan
* 4:00 - 5:00	Kids' Yoga <i>(ages 5-8)</i> \$7	Artemisia Shine
* 5:30 - 6:15	Yoga Nidra \$7	Anna O'Gorman
5:30 - 7:00	Vinyasa & Alignment <i>All levels</i>	Christine Fiorentino
* 7:30 - 9:00	Groove Yoga	Suzanne Dunning

wednesday

9:00 - 10:30	Anusara <i>Level I-II</i>	Peggy Profant/Patrick Harestad
10:35 - 10:55	Pranayama/Meditation <i>Free</i>	Peggy Profant/Patrick Harestad
* 11:00 - 12:30	Forrest Yoga <i>All levels</i>	Janine Melzer
* 11:15 - 12:30	Gentle Yoga <i>Level I</i>	Deborah Terrell
* 1:00 - 2:30	Community Class \$7	Melissa Trauth
* 4:00 - 5:00	Teen Yoga for Girls \$7	Anna O'Gorman/Meggie Grijalva
5:00 - 6:15	Prenatal Yoga <i>All levels</i>	Jodie DiMinno
* 5:30 - 7:15	Hatha Raja	April Martin
* 6:30 - 7:00	Yantra Meditation <i>Donation</i>	Andrew Christian
* 7:00 - 9:00	Yantra Painting \$18	Andrew Christian
* 7:30 - 9:00	Candlelight Flow <i>Level I-II</i>	Jenni Brown

thursday

9:00 - 10:25	Vinyasa Flow <i>Level I-II</i>	Emily Trutt
* 10:30 - 12:00	Anusara Inspired Yoga	Allison Pals
* 10:30 - 11:30	Mommy/Daddy & Me \$5	Lucera Love/Laurie Birdsall
12:30 - 2:30	Anusara Practice <i>Level II-III</i>	Peggy Profant/Allison Pals
* 4:00 - 5:15	Community Class \$7	Danielle Morvan
* 4:00 - 5:00	Kids' Yoga <i>(ages 9-12)</i> \$7	Artemisia Shine
5:30 - 7:00	Vinyasa & Alignment <i>All levels</i>	Christine Fiorentino
* 6:00 - 7:30	Kundalini Yoga	Joan Richards
* 7:30 - 9:00	Groove Yoga	Suzanne Dunning

friday

9:00 - 10:30	Anusara <i>Level I-II</i>	Peggy Profant/Patrick Harestad
10:35 - 10:55	Pranayama/Meditation <i>Free</i>	Peggy Profant/Patrick Harestad
11:00 - 12:15	Anusara/Level I	Peggy Profant/Emily Trutt
1:00 - 2:30	Community Class \$7	Tanya Hunt
* 4:00 - 5:15	Yoga for All <i>Donation</i>	Artemisia Shine
* 5:30 - 7:00	Candlelight Hot Flow <i>All Levels</i>	Heather Woodman

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 - 10:30	Chakra Yoga <i>All levels</i>	Alex Backman
* 10:30 - 12:00	Vinyasa Flow <i>Level I-II</i>	Allison Pals
5:00 - 6:25	Community Class \$7	Page Smith
5:00 - 6:25	Meditation <i>Donation</i>	Swami Girijananda
6:30 - 8:00	Relax Deeply <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

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/Yoga Nidra	\$7 (\$55 for 10 pass)
Kids/Teen Yoga	\$7 (\$55 for 10 pass)
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.

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

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

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, acupuncture, shiatsu, prenatal and other modalities. Massages include use of sauna and showers. Ahhhh...

Please call for a complete list of therapists.

upcoming events

Prenatal & Postnatal Workshops with Jodie DiMinno—Please check website for more details.

Staying Healthy Through Wet & Cold—Saturday, January 7th, 12:30-3:30pm with Amy Aiello.

Visiting Anusara Instructor Sundari Lucey—Friday, January 20th thru Sunday, January 22nd.

Shimshai—Roots, reggae & world fusion. Saturday, January 28th.

Kundalini Yoga—Saturday, January 28th & Sunday, January 29th with Gurudarshan Khalsa.

Yoga Alignment Intensive—5 Mondays, January 16th-February 13th, 6:30-8:30pm with Peggy Profant.

Yoga for Absolute Beginners—4 Mondays, February 20rd-March 12th, 6:30-8:30pm with Christine Fiorentino.

30 Day Yoga Challenge!—starts March 1st.

Vinyasa Teacher Training with Lori Snyder starting Spring/Summer 2012!

For a complete listing of workshops, please see website.

class levels

Level I — Accessible to 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 — Practice in a fun and challenging class that explores a variety of advanced asanas. Must be able to hold supported handstand and press up into full wheel.

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

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

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.

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 — A spirited Vinyasa Flow class to an eclectic musical soundtrack. Not appropriate for complete beginners.

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.

Kundalini Yoga — Also called the Yoga of Awareness. A form of Hatha Yoga which utilizes asana, pranam, mantra and meditation in specific kriyas taught by Yogi Bhajan.

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.

Relax Deeply — Gentle poses supported by blankets to encourage opening and release. No sweat, no effort; just extreme relaxation.

Soulful Mother Practice — This deep and gentle class is for moms and moms-to-be. Leave relaxed, restored and able to move through your week gracefully. Appropriate for all levels.

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

Yantra Meditation & Painting — A Yantra is the visual resonance of mantra. Expand your practice by creating and meditating with a Yantra.

Yoga for All — Donation-based class is suitable for all levels. 75% of proceeds will be donated to a local cause.

Yoga Nidra — Known as a 'yogic sleep.' A healing practice that creates deep relaxation and allows for a compassionate connection to the body, mind, breath, emotions and beliefs.