

2965 W. 12 Mile Rd Suite 100 • Berkley, MI 48072 • 248.556.0992 • www.houseofyoga.net

June 2008

Monday

6:30 - 7:30 pm	Ashtanga	Miranda
7:35 - 8:45 pm	Hatha Yoga	Jane

Tuesday

6:30 - 8:00 pm	Jivamukti Yoga	Abby
8:15 - 9:15 pm	Yin Yoga (*begins 6/17)	Abby/Dave

Wednesday

6:30 - 7:30 pm	Ashtanga Fusion	Dave
7:35 - 8:45 pm	Hatha Yoga	Miranda

Thursday

6:30 - 8:00 pm	Jivamukti Yoga	Abby
8:15 - 9:15 pm	Evening Hatha Yoga	Dave

Friday

6:00 - 7:15 pm	Yin Yoga	Gary
7:30 - 9:30 pm	*Summer Solstice Celebration (*June 20)	Abby + Dave

Saturday

9:00 - 10:15 am	Hatha Yoga	Abby
10:30 am - Noon	Follow the Yogini	Abby

Sunday

9:00 am - 10:15 am	Morning Hatha Yoga	Dave
10:30 am - Noon	Beginning Jivamukti	Abby
Noon - 5:00 pm	Lifestyles + Teacher Training (begins again Sept '08)	Abby + Dave
6:00 pm - 7:15 pm	Hatha Yoga + Meditation	Jane

Class descriptions

Morning Hatha Yoga: A basic yoga class for all. Traditional hatha yoga postures with music to inspire and soothe. A perfect balance of alertness and relaxation. All levels

Hatha Yoga + Meditation: Gentle poses to open the body, especially the hips, to prepare the body and mind to sit in stillness. All levels.

Evening Hatha Yoga: Basic yoga class for all levels. A blend of yin and yang postures to soothe and nourish your mind, body and spirit. Wonderful preparation for divine sleep.

Yin Yoga: Open deep connective tissues in the body. A restorative practice that brings balance to our entire being. All levels

Ashtanga: Purify body and mind with Sun Salutations, standing, seated and finishing postures including inversions. >Familiarity with Asana and sun salutations recommended.

Ashtanga Fusion: Traditional Ashtanga yoga infused with inspirational music and chanting. Explore variations of traditional primary series postures and sequences to cultivate fluid strength and a calm mind. A hot, healthy practice available to all yogis familiar with vinyasa practices.

Beginning Jivamukti Yoga: Flowing class unites intention, breath and movement. Set to inspirational music, with chanting and meditation. >Familiarity with vinyasa recommended.

Jivamukti Yoga with Abby, certified Jivamukti teacher
A hot, and challenging form of vinyasa practice infused with music, citing of original scriptures, Sanskrit chanting and meditation. >Familiarity with Ashtanga/Vinyasa recommended.

Follow the Yogini: A moving meditation, minimal verbal instruction, working towards a silent practice at each month's end. >**Familiarity with Jivamukti required.**

Prices

Walk-in	\$12	
4 class pass	\$40 (1 month)	
8 class pass	\$75 (2 months)	
12 class pass	\$108 (3 months)	
1 month unlimited pass		\$90
3 month unlimited pass		\$240
6 month unlimited pass		\$475
1 year unlimited pass		\$900

New student specials:

1st visit to studio: 10% off any package of classes or buy one get one free class card (B1G1F)

*SPECIAL MONTHLY OFFERING

Friday, June 20
Summer Solstice Celebration
with Candle light Yoga
7:30 - 9:30
led by Abby + Dave and guests

Donations accepted

to benefit the Seva Foundation
(<http://www.seva.org>)

All are welcome.
Dress comfortably for asana and sitting.

For more info on our Yoga Lifestyles + Teacher Training Programs,
visit us online at www.houseofyoga.net