



# SUN SALUTATIONS *Yoga & Wellness Center*: August-October 2009 Class Schedule

*"An Eco-Friendly Studio with a People-Friendly Atmosphere!"*

Class descriptions & info on back.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Vinyasa Flow</u> 9:00am-10:00am 8/24-10/5 (6 weeks*) Cost: \$69.00</p>		<p><u>Yoga for Seniors</u> 9:00am-10:15am 8/26-9/30 (6 weeks) Cost: \$58.00 (Senior discount included)</p>	<p><u>Morning Meditation</u> 8:00am-8:45am 8/27-10/1 (6 weeks) Cost: \$60.00</p>	<p><u>Level III Yoga</u> 8:00am-9:15am 8/28-10/2 (6 weeks) Cost: \$72.00</p>	<p><u>Seva Saturdays</u> (Seva means "selfless service" or "volunteer work" in Sanskrit)</p> <p><b>DONATION ONLY DROP-IN CLASSES FOR ALL LEVELS</b> (50% of collected donations will go to local charities)</p> <p>This Schedule's Charity: <b>York County Food Rescue</b> <a href="http://www.yorkcountyfoodrescue.org">www.yorkcountyfoodrescue.org</a></p> <p>8/29- Level I Yoga 9:00am-10:30am</p> <p>9/5- Vinyasa Flow 9:30am-10:30am</p> <p>9/12- Relax &amp; Restore 8:45am-10:30am</p> <p>9/26- Vinyasa Flow 9:30am-10:30am</p> <p>10/3- Level I Yoga 9:00am-10:30am</p>
	<p><u>Vinyasa Flow</u> 5:00pm-6:00pm 8/25-9/29 (6 weeks) Cost: \$69.00</p>		<p><u>Level I Yoga</u> 9:00am-10:30am 8/27-10/1 (6 weeks) Cost: \$72.00</p>	<p><u>Level II Yoga</u> 9:45am-11:15am 8/28-10/2 (6 weeks) Cost: \$72.00</p>	
<p><u>Zumba</u> With Caroline Segalla (Call 929-3626 or visit her page at <a href="http://www.zumba.com">www.zumba.com</a> to Register) 5:30pm-6:30pm 9/14-10/5 (4 weeks) Cost: \$40.00</p>	<p><b>SORRY, CLASS CANCELLED</b></p> <p><u>Hula Hoop Fitness &amp; Dance</u> With Christine MacDonald (Call 590-5873 or visit <a href="http://www.missfithooping.com">www.missfithooping.com</a> to Register) 6:00pm-7:00pm</p>		<p><b>SORRY, CLASS CANCELLED</b></p> <p><u>O2 Vinyasa Yoga</u> With Jeanette Richelson (Call 617-645-6757 or visit <a href="http://www.livifyhealthcoaching.com">www.livifyhealthcoaching.com</a> to Register) 6:00pm-7:15pm</p>		
<p><u>Level II Yoga</u> 6:30pm-8:00pm 8/24-10/5 (6 weeks*) Cost: \$72.00</p>	<p><u>Level I Yoga</u> 6:30pm-8:00pm 8/25-9/29 (6 weeks) Cost: \$72.00</p>	<p><u>Level I Yoga</u> 6:00pm-7:30pm 8/26-9/30 (6 weeks) Cost: \$72.00</p>	<p><u>Relax &amp; Restore</u> 6:00pm-8:00pm 8/27-10/1 (6 weeks) Cost: \$78.00</p>		

All classes above are taught by Sun Salutations Yoga & Wellness Center's founder and owner, Nichole K. Tracy, RYT, unless otherwise specified.

**AUTUMN GODDESS NIGHT!** - ~~SEPTEMBER 12th~~ RESCHEDULED TO SATURDAY, OCTOBER 10th, starting at 5:00pm (no scheduled end time). Rejuvenate your body, mind and spirit with an entire night of pampering to bring out your inner Goddess! Enjoy restorative yoga, a table massage and body work, hand and foot soak, a delicious vegan dinner with decadent desserts, and ending the evening with a "chick flick" on an 80" projector screen. Laugh, relax and renew with other Goddesses! Led by Nichole K. Tracy, RYT and Julie Brown, LMT, RPP ([www.juliebrownwellness.com](http://www.juliebrownwellness.com)). Cost is just \$80.00 per person. Deposit of at least \$20.00 is required by 10/9/09. Space is limited to only six Goddesses (for personalized attention), so be sure to register through the studio early. Makes the perfect gift for the Goddess in your life!

**COOKING WITH TOFU!** - FRIDAY, SEPTEMBER 4th, 11th, 18th, and OCTOBER 2nd (4 weeks), 5:30pm-7:30pm. The first series of cooking classes offered in the new Zen-like kitchen space of the studio! Have you ever tried tofu and vowed to never make that mistake again? Have you ever passed the packages at the grocery store and wondered "how do you cook with that?" Does the thought of a white blob of tofu scare you a little, but leave you curious? Or are you already a tofu-lover and want to expand your cooking repertoire? If you answered "yes" to any of these questions, then this class is for you! Learn how to cook hearty (cholesterol-free) meals and yummy desserts using tofu from Nichole K. Tracy, RYT, a vegan for over 17 years. These classes are sure to please carnivores, omnivores and herbivores alike! Cost is \$80.00 per person for the entire series, if registered and paid before 9/1, or \$85.00 thereafter, or \$25.00 each class if you can't commit to the entire session (couples coming together get \$10.00 off the full series price). Space is limited to eight, so register through the studio early. Bring your appetite, an open mind, and a small container to take home any leftovers! **ON THE MENU:** 9/4 "Meaty" Lasagna, 9/11 Tofu Pot Pie, 9/18 Tofu Chowder, 10/2 Cheesecake and other tofu-based desserts...mmmmm!

**\*PLEASE NOTE: THERE ARE NO CLASSES ON LABOR DAY, MONDAY, SEPTEMBER 7th.**

# CLASS DESCRIPTIONS & INFORMATION

FYI:

New to the studio? GET YOUR FIRST YOGA CLASS FREE! Try a yoga class at NO CHARGE before you commit to signing up! Call or e-mail the studio at [info@sunsalutationsyoga.com](mailto:info@sunsalutationsyoga.com) to schedule.

You may join a class that is already in session (provided it is not already full). The cost will be prorated based on the classes you did not attend. Please call or e-mail the studio to sign up.

Drop-in students are also welcome during scheduled weekly sessions. The cost is \$14.00 per class. Please call ahead to schedule and check availability. Regular discounts may apply.

Yoga discounts are available to public school teachers (10% off), college students (10% off), and seniors over 60 (20% off). There are also discounts available for students taking multiple weekly sessions (10% off each class), and when more than one family member, within the same household, participates in a weekly session (10% off per person). (One discount per person, some restrictions apply.)

Classes are non-refundable. Missed classes can be made-up in another class before your session ends.

Private lessons and classes are available at the studio or off-site (including therapeutic sessions). Please visit the website, call or e-mail the studio at [info@sunsalutationsyoga.com](mailto:info@sunsalutationsyoga.com) for prices and details.

**YOGA CLASS PASSES:** Get the flexibility of drop-in classes at a discounted rate: 6 CLASS PASS= \$78.00 TO USE OVER 2 MONTHS, 10 CLASS PASS= \$125.00 TO USE OVER 3 MONTHS.

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All yoga mats and props are supplied during classes free of charge, including blankets, bolsters, cork blocks, chairs, wedges, straps, and eye pillows. Props are used to modify poses when needed to help students with safe proper alignment or to aid in relaxation. You are welcome to bring your own mat and props if preferred. Most yoga classes are Iyengar-based.

**\*Level I Yoga** - A gentle yoga class for beginners and those who are less flexible. This class will stretch your body, while calming the mind, helping you to de-stress, energize and increase flexibility and balance. No yoga experience required.

**Level II Yoga** - This class is designed for motivated beginners or those continuing their practice beyond the basic level. Poses are held a little longer and students get to explore more challenging postures. This class helps to increase energy, flexibility, balance, and focus, while calming the mind, and relieving stress. Some yoga experience is recommended, but not required.

**Level III Yoga** - This class is designed for those who want to take their yoga practice to a continuing/intermediate level. Poses are held longer and postures such as deeper backbends and inversions are explored. This class helps to increase energy, flexibility, balance, stamina, and focus, while calming the mind, and relieving stress. Previous yoga experience is highly recommended.

**Vinyasa Flow** - This is a flowing yoga class at a faster pace. Students start off with gentle stretching then lead into a variation of the Sun Salutations sequence. This class helps energize the body and mind, while increasing flexibility, strength, and focus. The class is open to all levels, although some yoga experience is recommended.

**\*Relax & Restore** - A restorative yoga class involving some gentle stretching at the beginning of the class followed by very comfortable and purely relaxing poses, which are held for an extended period of time. Multiple props are used to fully support the body, helping students relieve tension, quiet the mind, de-stress, relax, and unwind. This class is wonderful for students of any level and is great for those with health issues and stress.

**Yoga for Seniors** - A gentle class designed just for seniors ages 60 and above. This class helps seniors increase energy, flexibility and balance, while calming the mind. A wonderful way to help prevent aches, pains and injuries related to aging. All levels of seniors welcome.

**\*Morning Meditation** - Learn basic meditation and breathing techniques to get you started on the path to a clear, calm and controlled mind. Meditation helps you de-stress, let go of attachment, boost concentration and focus, while increasing your intake of oxygen, improving your overall health and well-being. A wonderful way to start the morning! All levels welcome.

**O2 Vinyasa Yoga** - Using a heat-generating sequence of postures and a mind-focusing breathing technique, O2 Yoga balances many of the principles of Ashtanga yoga with a more creative and less predictable vinyasa-flow format. The result is an athletic and peaceful, invigorating and calming, fun and challenging yoga experience. Personalized to meet the experience, and desires of the class, the primary goal of O2 Yoga is to empower students, allowing them to experience full self-acceptance, outer strength, and inner calm.

**Zumba** - This workout is an easy to follow fusion of Latin rhythms and cardiovascular exercise. Zumba can help you shimmy away those pounds! Come to the party! Vengan a la fiesta!

**Hula Hoop Fitness & Dance** - Has it been ages since you've used a hula hoop, or could you never quite get it right? Are you intrigued by this new fitness trend, but just can't keep up those small, child-size hoops you find in the stores? Come to this introductory course in Hula Hoop Fitness & Dance and learn the physics of "hooping," how to incorporate hooping for fitness into your daily life, and have fun all at the same time! Instructor Christine MacDonald lost 60 lbs. with her hoop and loves to show others how she did it. Come join the hooping revolution and get fit with a smile on your face!

**Teens ages 14 and above are welcome to attend adult classes.**

**\* Class is suitable for most prenatal and postpartum moms.  
Please check with your doctor first and notify the teacher.**



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