



# SUN SALUTATIONS *Yoga & Wellness Center*: Summer-Fall 2010 Class Schedule

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

CLASS DESCRIPTIONS ON BACK.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Vinyasa Flow</u> 9:00am-10:00am 8/9-9/20 (6 wks) (No class 9/6) Cost: \$69.00 Contact the studio to register.</p>		<p><u>Yoga for Seniors</u> 9:00am-10:20am 8/4-9/15 (7 wks) Cost: \$68.00 (Senior discount included) <b>Sorry, this class is now full. You may contact the studio to check daily availability.</b></p>	<p><u>Level II Yoga</u> 9:00am-10:30am 8/5-9/9 (6 wks) Cost: \$72.00 Contact the studio to register.</p>	<p><u>Level III Yoga</u> 8:00am-9:30am 8/6-9/10 (6 wks) Cost: \$72.00 Contact the studio to register.</p>	<p><u>Core Strength Yoga</u> 8:45am-9:30am 8/7-9/18 (6 wks) (No class 9/4) Cost: \$60.00 Contact the studio to register.</p>
<p><u>Level I Yoga</u> 4:30pm-6:00pm 8/9-9/20 (6 wks) (No class 9/6) Cost: \$72.00 Contact the studio to register.</p>	<p><u>Vinyasa Flow</u> 5:00pm-6:00pm 8/3-9/14 (7 wks) Cost: \$80.00 Contact the studio to register.</p>	<p><u>Level I Yoga</u> 6:00pm-7:30pm 8/11-9/15 (6 wks) Cost: \$72.00 <b>Sorry, this class is now full. You may contact the studio to check daily availability.</b></p>	<p><u>Beginner Belly Dance with Dorothea</u> 6:00pm-7:00pm 9/9-10/28 (8 wks) Cost: \$80.00 To register go to <a href="http://www.dorotheadances.com">www.dorotheadances.com</a> or call 619-3674.</p>		<p><u>Stretch &amp; De-stress Yoga</u> 10:00am-11:20am 8/14-9/25 (6 wks) (No class 9/4) Cost: \$72.00 Contact the studio to register.</p>
<p><u>Level II Yoga</u> 6:30pm-8:00pm 8/9-9/20 (6 wks) (No class 9/6) Cost: \$72.00 Contact the studio to register.</p>	<p><u>Level I Yoga</u> 6:30pm-8:00pm 8/10-9/14 (6 wks) Cost: \$72.00 <b>Sorry, this class is now full. You may contact the studio to check daily availability.</b></p>	<p><u>Core Strength Yoga</u> 8:00pm-8:45pm <del>8/11-9/15 (6 wks)</del> Cost: \$60.00 <b>Sorry, this class has been cancelled.</b></p>	<p><u>Vegan Cooking Classes</u> 6:00pm-8:00pm (end times may vary) 8/12, 8/26, 9/16 Cost: \$25.00 per class Please contact the studio to register by the Tuesday before each class. Check website for menus.</p>		

ALL CLASSES ABOVE ARE TAUGHT BY SUN SALUTATIONS YOGA & WELLNESS CENTER'S FOUNDER & OWNER, NICHOLE K. TRACY, RYT, UNLESS OTHERWISE SPECIFIED.

New to the studio? YOUR FIRST YOGA CLASS FREE! Try a yoga class at NO CHARGE before you commit to signing up! Call or e-mail [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 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 class discounts are available to high school and 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 may apply.)

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

YOGA CLASS PASSES: Get the flexibility of drop-in classes at a discounted rate: 6 CLASS PASS= \$78.00 (TO BE USED WITHIN 2 MONTHS), 10 CLASS PASS= \$125.00 (TO BE USED WITHIN 3 MONTHS). Available for weekly yoga classes taught by Nichole K. Tracy, RYT (studio owner). Regular discounts apply.

**332 CHICOPEE ROAD, BUXTON, MAINE 04093 ~ (207) 642-6751 ~ [WWW.SUNSALUTATIONSYOGA.COM](http://WWW.SUNSALUTATIONSYOGA.COM)**

# CLASS DESCRIPTIONS

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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 with Nichole K. Tracy, RYT**- 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 with Nichole K. Tracy, RYT**- This class is designed for motivated beginners or those continuing their practice beyond the basic level. Poses are held 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 with Nichole K. Tracy, RYT**- 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 with Nichole K. Tracy, RYT**- 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.

**Yoga for Seniors with Nichole K. Tracy, RYT**- 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 are welcome.

\* **Stretch & De-stress Yoga with Nichole K. Tracy, RYT**- This is a gentle yoga class combining restorative positions and basic stretching postures to help students de-stress, increase flexibility, reduce tension, quiet the mind, and relieve pain and soreness. All levels, ages, and abilities are welcome.

**Core Strength Yoga with Nichole K. Tracy, RYT**- This class will help students strengthen and tone their core muscles while improving posture and reducing discomfort on the back and rest of the body, through yoga, balance ball, and Pilates-like exercises. The class is open to all levels, although some yoga experience is recommended. If you have your own balance ball, please bring it to class.

**Beginner Belly Dance with Dorothea** - A beginner level belly dance class for all ages; no previous dance experience necessary! Students will learn the basic movements of this proud and joyful art form, and combine them in improvisational exercises and choreography. Please wear comfortable clothing that allows you to move freely. Common workout attire is appropriate. Please, no jeans. Dancing barefoot is encouraged, but you may wear socks if you prefer. All ages are welcome, but girls under the age of 13 should be accompanied by an adult.

*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.*

CREDIT CARDS ACCEPTED  
FOR MOST CLASSES



ALWAYS PRINTED ON 100% POST-CONSUMER RECYCLED  
PAPER WITHOUT CHLORINE BLEACHING. PLEASE RECYCLE  
AGAIN OR PASS ON TO A FRIEND. THANK YOU!

