

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM-7:45 AM			\$5 Yoga Ed Mikelis				
6:45 AM-7:45 AM		Wake Your Inner Fire Aixa Belville		Wake Your Inner Fire Aixa Belville			
8:00 AM-9:00 AM			Hatha Yoga Emily Swank				
8:15 AM-9:30 AM						Vinyasa Yoga Jess LaVigne	All Levels Yoga Angela Creamer
9:15 AM-10:30 AM	\$5 Gentle Yoga Karen Gomez		Power Yoga-Level 1 Karen Gomez		Chakra Yoga Emily Swank		
9:30 AM-10:45 AM		Yoga Basics-Series Class Jess LaVigne		Vinyasa Yoga Jess LaVigne			
4:30 PM-5:45 PM	Yoga Basics Whitney Kasserman						
5:30 PM-6:45 PM			Yoga Basics Terri Cain				
5:45 PM-7:00 PM					Inner Flow Yoga Ed Mikelis		
6:00 PM-7:15 PM	Yoga-All Levels Whitney Kasserman						
6:45 PM-8:00 PM		Power Yoga-Level 2 Karen Gomez					

For Complete Class Descriptions, Online Class Sign-Up, Purchasing and Workshops--Please Visit Our Website at--www.shorelineyoga.com

Gentle Yoga-Perfect for seniors, beginners, those rehabilitating from illness or injury or those seeking a restorative practice. All Levels

Yoga Basics-For students new to yoga or looking to return to the basics. Learn foundational yoga poses, essential alignment, vocabulary and breathing techniques. All Levels

All Levels Yoga-A blend of yogic traditions and styles taught to accommodate various types of students seeking a invigorating and satisfying experience.

Wake Your Inner Fire-Strengthen, fire up & connect with your inner most support system. Moving from center creates a balance between stability/mobility & strength/freedom.

Chakra Yoga-Explore movement and the Chakras in this all levels exploration of the emotional energies of the body.

Power Yoga 1 & 2-A challenging practice combiing breath, uninterrupted vinyasa flow, and focus. Builds strength and flexibility. Some yoga experience needed.

Hatha Yoga-traditional class that aids in strength and flexibility balance and basic flow. Promotes calmness and clarity. All levels

Vinyasa Yoga- Dynamic sequencing, cutting edge exercise physiology, breathing, mindfulness, and flexibility PLUS a strong emphasis on core stability. All levels

Inner Flow-Dynamic moving class with challenging standing sequences, arm balances and inversions. Some yoga experience is required. No hands on adjustments provided.

Class Pricing

Drop-In 16.00 (Inc. tax)
 5 Class Pack: \$70 (plus tax)
 10 Class Pack: \$130 (plus tax)
 20 Class Pack \$240 (plus tax)
 30 Class Pack \$330 (plus tax)

New Schedule Effective---February 6, 2012

Shoreline Yoga-Life In Balance www.shorelineyoga.com