



the yoga studio

955 Cherry SE
Grand Rapids MI 49506

Save the Date!

We are delighted to be hosting Senior Iyengar teacher Mary Reilly March 23-25. Prepare to be challenged and enlightened. Keep watch on our website for more details.

For teacher and class information visit www.gryoga.com or call (616)776-0836



Follow us on Facebook!

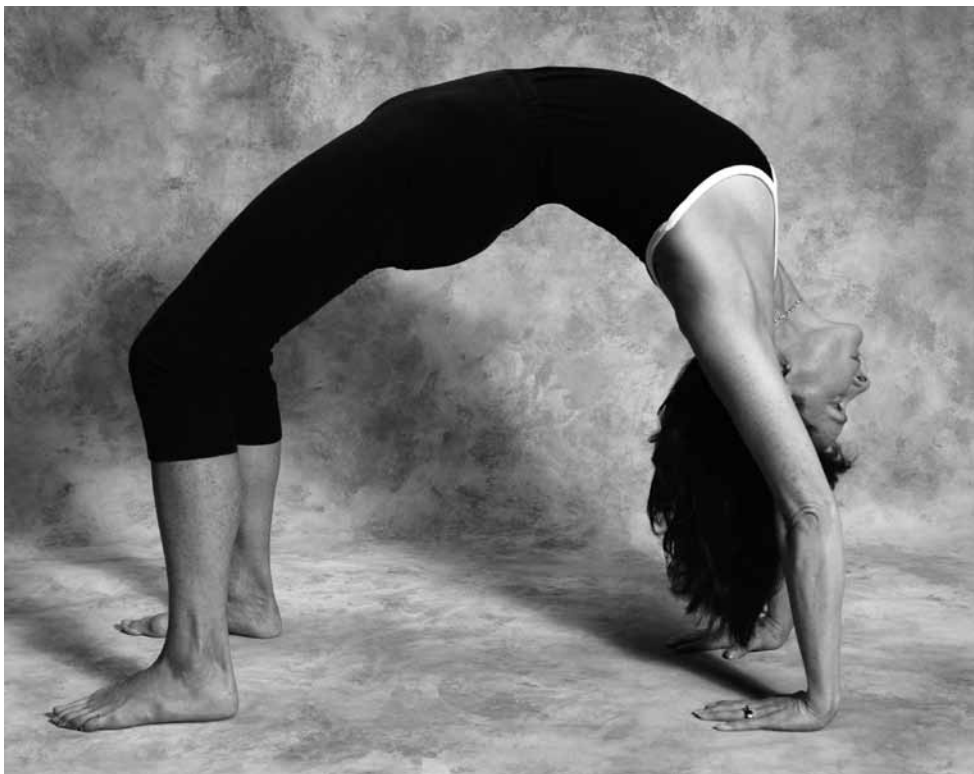
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the yoga studio

Serving the Grand Rapids Community Since 1979

Winter 2012

with Carolyn Heines, Kat McKinney, Chris Smith, Sarah Weber and Lauralee Rea



Chris Smith
Yoga Studio Teacher

Register

You may register and pay on-line at www.gryoga.com

or

Return this form with a \$25 deposit to The Yoga Studio, 955 Cherry SE, Grand Rapids, MI 49506. The balance is due at the first class.

You will be contacted only if the class is full.

Name

Address

City Zip

E-mail

Primary phone #

1st choice

2nd choice

Please include class day/time

Happy New Year!

The Yoga Studio, Grand Rapids' home for classical hatha yoga, invites you to our first 8 week session of classes for 2012 beginning January 9th and running through March 3rd.

About Us Our teachers are committed to continuing personal study and practice that provide their teaching with clarity and depth. Students of all abilities can expect a safe and systematic progression of yoga poses with attention to alignment and the use of props, which facilitate learning and allow adjustment of the poses to meet individual needs. Join us to enhance your strength, flexibility, balance, and peace of mind in our supportive studio.

Free Trial Classes! Meet our teachers during a one hour beginners class.

Pre-registration recommended:

Mon., Jan. 2, 7:00pm (Gentle) with Kat

Wed., Jan. 4, 7:00pm with Kat

Thur., Jan. 5, Noon (Gentle) with Sarah & 6:00pm with Chris

Sat., Jan. 7, 10:30am with Lauralee

Sunday Restorative yoga with Kat McKinney, Jan. 22 and Feb. 12, 2:30–4pm \$15 each

Winter Gathering Warm up with a vegetarian potluck Sat., Feb. 18 from 6-8pm. Bring your family, friends and a dish to share. Beverages provided. All are welcome.

Please Welcome Lauralee Rea to our staff on Sat. mornings with a new Level 1 class. Lauralee has practiced yoga since 2001 and is pursuing certification in the Iyengar tradition.

Saturday Workshops

Noon–2pm. \$25 each.

All levels welcome. Pre-registration recommended.

Focus on the Shoulders with Kat McKinney, Jan. 28. Where do you carry your stress? Releasing tense shoulders helps to improve posture, breathing and contentment in our practice.

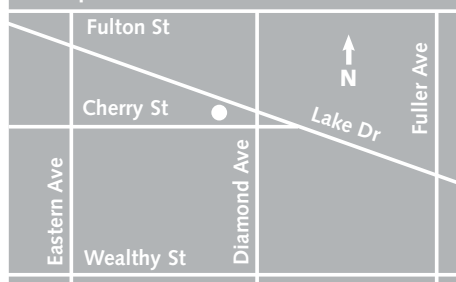
Yoga for Gardeners with Chris Smith, Mar. 3. Prepare for spring by learning yoga techniques to ease the strain of gardening...and then relax and watch your garden grow.

For questions or to enroll in a class please call 616.776.0836 or e-mail info@gryoga.com

Winter 2012 Schedule January 9–March 3

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
	Level 2 9:30–11am <i>Sarah Weber</i>	Level 1 9:30–11am <i>Kat McKinney</i>	Level 3 9:30–11am <i>Carolyn Heines</i>	Level 2 9–10am <i>Kat McKinney</i>	
	Gentle Yoga 2 Noon–1pm <i>Carolyn Heines</i>		Gentle Yoga 1 Noon–1pm <i>Sarah Weber</i>	Level 1 10:30–11:30 <i>Lauralee Rea</i>	
Level 3 5:30–7pm <i>Carolyn Heines</i>	Level 2 5:30–7pm <i>Carolyn Heines</i>	Level 1-2 5:30–7pm <i>Kat McKinney</i>	Level 1 5:30–7pm <i>Chris Smith</i>		Restorative Yoga Jan 22 & Feb 12 2:30–4pm <i>Kat McKinney</i>
Gentle Yoga 1 7:15–8:45pm <i>Kat McKinney</i>	Level 2 7:15–8:45pm <i>Chris Smith</i>	Level 1 7:15–8:45pm <i>Kat McKinney</i>	Level 1-2 7:15–8:45pm <i>Chris Smith</i>		

Map



Things to Know

You don't have to be young or flexible to begin yoga! Everyone is welcome. We provide all the props you'll need, but you may bring your own mat if you prefer. Please dress in clothing you can easily move in; a t-shirt and leggings or shorts work well. Yoga is best practiced on an empty stomach. In consideration for your fellow students, please refrain from wearing strong perfume or scented products. If you have any health concerns, please inform your teacher prior to class and always feel free to ask questions.

Cost

Eight week series beginning January 9

\$85 1 Hour classes

\$95 1½ Hour classes

\$12 Drop-in fee for 1 hour class

\$15 Drop-in fee for 1½ hour class

\$60 An hour for individual instruction

Make up classes must be completed within the same session.

Drop-ins are allowed at the appropriate level if the class is not full.

Gift certificates are available in any amount.

10% Discount for seniors

15% Discount for students

15% Discount for 2 classes a week

15% Discount for new students, first session

Only one discount may be used per session, please.