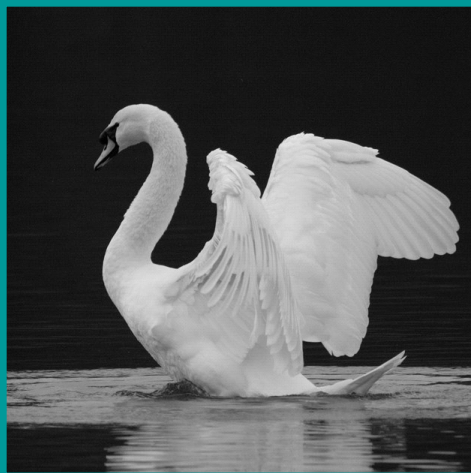


हंस योग



SCHEDULE EFFECTIVE

8/1/10

If you have love, you will do all things well.
-Thomas Merton

MONDAY		
All Levels	10:00 - 11:15a	Bhakta Das
All Levels	5:45 - 7:05p	Janaki/BD
*Kripalu	7:15 - 8:30p	Denise
TUESDAY		
All Levels	10:00 - 11:15a	Bhakta Das
Vinyasa	5:45 - 7:05p	Bhakta Das
*Basic	7:10 - 8:10p	Bhakta Das
Satsang	8:15-8:45p	Free
WEDNESDAY		
All Levels	10:00 - 11:15a	Bhakta Das
All Levels	5:45 - 7:05p	Kathy
*Sports Yoga	7:15-8:30p	Kathy
THURSDAY		
All Levels	10:00 - 11:15a	Bhakta Das
All Levels	6:00 - 7:00p	Bhakta Das
FRIDAY		
*Kripalu	8:30-9:45a	Denise
All Levels	10:00 - 11:15a	Mary
SATURDAY		
Vinyasa	8:00 - 9:35a	Bhakta Das
*Basic	9:45 - 11:00a	BD & Barbara
*Community class	11:15 - 12:30p	Bhakta Das
SUNDAY		
All Levels	8:00 - 9:35a	Bhakta Das
*Basic	9:45 - 11:00a	Bhakta Das
*Yoga Relaxed	5:30 - 6:30p	Jerry/Barbara
Meditation	6:35 - 7:00p	Jerry/Barbara
* Also All Levels Class		

YOGI MANNERS

Always come to class On Time.

Don't eat 2 hours before class.

PLEASE No perfumes or scented lotions.

Play Joyfully!!!

24 N. Broadway
Lake Orion, Mi 48362
Downtown Lake Orion!

Phone: 248-814-8522

Website: www.livehamsayoga.com

Welcome to Hamsa Yoga!

Being a Yoga Teacher involves more than the knowledge of postures. We are proud at Hamsa Yoga to have such dedicated teachers that have immersed themselves in the lessons of Yoga. The teachers at Hamsa Yoga have at minimum attended a one month intensive program. Meaning, they leave their daily lives and the distractions, travel away, and spend night and day deep in study. At this time they breathe, eat and sleep yoga. Studies include **Techniques of Yoga, Sanskrit, Teaching Methodology, Anatomy and Physiology, Scripture, Philosophy, Indian Music, Ethics, & Lifestyle.** Highly Qualified teachers are not only able to enhance your practice, they aid in keeping you safe. Whether it is a strong asana practice, meditation or tools to find peace, we are dedicated to joyfully serving you.

Basic—If you're a beginner struggling with downward dog or a more advanced student perfecting your shoulder stand, give the Basics class a try. Learn proper alignment to keep your body safe!

All Levels—Perfect for the Basic or Advanced student. This Vinyasa class will flow with breath combining different postures from balancing to inverting. The teacher will offer different variations of postures so you can practice where you are that day and learn how far you can go! Come and explore!

Vinyasa—Encompasses int. & adv. levels of Vinyasa. Work at your own pace, following the teacher's constant guidance. Class consists of Vigorous flowing sequences, arm balances, inversions, partnered with yogic chanting, teachings and commentary, breath awareness, meditation, hands-on alignment, and relaxation.

Kripalu—A more gentle asana practice, centering and calming, strengthens and tones.

SPORTS YOGA formerly RUNNER'S CLASS! Whether you're a walker, runner, swimmer, golfer, biker, or just love feeling good, this is the class for you! The focus is on finding the balance between strength and flexibility. Prevent injuries and testy joints with balance and improved breathing. Anyone can come, only the physical **not the rest of the "yoga stuff"** for this class.

Yoga Relaxed - A gentle, restorative flow. Perfect for beginners, or anyone looking to unwind.

Meditation - A led meditation class. You can meditate on your own or follow the different techniques given for exploration. Meditation will assist you in organizing your daily life, bring coping skills, allow room for peace and Enlightenment!

Community Class—Our gift to the community, level to student ability. **Always FREE.** Donate only if you like.

Satsang—Yoga teachings, stories, and good company!

Price Schedule

Walk In	\$15
4 Class Pack	\$50
10 Class Pack	\$110
20 Class Pack	\$190
Unlimited Packages	
One Month	\$130
Three Month	\$340
Six Month	\$625
One Year	\$1,200

(Monthly Payment plan available for One Year Package)

Children 12 and Under receive 1/2 price class packs.

Ask about Privates & ICP's \$50-\$125 per hour

First Class FREE for New Students!
Students and Seniors 15% Discount!

New Fall Schedule coming September 1st.

Also, just a reminder that **HAMSA YOGA TEACHER TRAINING** begins September 18th! See me if you are interested. Information on the program will be available on the Hamsa Yoga website very soon. We are very excited to be offering it. *See you in class!*
Much Love, BD

