



Summer 2010 • July 11 - September 18

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	10:00-11:00am Tai Chi for Seniors Sheila <i>July 12 & 26</i> <i>August 9 & 23</i>			10:30-12pm All Levels Caroline	9-10:30am Yoga Flow Caroline	8:30-10am Tai Chi Level III Sheila <i>July 10 & 24</i> <i>August 7 & 21</i>
						10:15-11:15am Beginning Tai Chi Sheila <i>July 10 & 24</i> <i>August 7 & 21</i>
4:00-5:30pm All Levels Kim	5:45-7:15pm Beginning Jean	5:30-7:00pm All Levels Jennifer	4:30-5:45pm Gentle/ Beginning Carolyn & Jean	5:30-7:00pm Level II-III Jennifer <small>Requires Instructor Permission</small>		9:00-10:30am All Levels (Flow) Caroline
		6:15-7:15pm Intro to Bellydancing Bahira <i>7/27-9/14</i>	6:00-7:30pm Level I-II Carolyn & Jean	6:00-7:30pm Beginning Barbara	6:00-8:00pm Off the Mat <i>Selected Dates</i> <i>See website</i>	
		7:30-8:30pm Bellydancing I Bahira <i>7/27-9/14</i>	6:00-7:30pm Prenatal Yoga TBA <i>7/28-9/15</i>			

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All Levels: Build strength and flexibility in all poses. Beginning through advanced students.

Beginning: Poses and philosophy introduced and refined in an ongoing, weekly format. Recommended for people who are new to yoga.

Gentle/Beginning: Slower pace with longer holds to gently release tension in joints and connective tissue. *Suitable for injuries or other physical limitations.*

Yoga Flow: Flow of poses with a focus on breath and alignment. Suitable for people new to yoga or beginning students who want a dynamic practice.

Level I-II: Focus on building strength and flexibility in basic postures. Perform beginning inversions with ease. Introduction to headstand, backbends and ropes. *Intermediate and advanced students only.*

Level II-III: Ability to hold Sirsasana I for 3-5 minutes. Regular home practice, including inversions and backbends. Requires permission of the instructor. *Advanced students only.*

Prenatal Yoga: Stretches, poses and mindfulness to manage fears, cope with pain and stay fit during pregnancy. Eight-week session.

T'ai Chi for Seniors: A special form that improves balance and coordination among older adults.

Beginning Tai Chi: First 18 movements and beginning of 2nd. Recommend completion of Introduction to Tai Chi.

Level III: Requires completion of Level II. Completion of the third set and refinement of all 108 movements. Instructor permission required. Advanced students only.

Introduction to Bellydancing: Basic introduction to moves, drills and posture of bellydancing. Leave your inhibitions at the door and enjoy this fun way to exercise!

Bellydancing I: Learn routines and choreography of bellydancing. Recommend completion of Intro to Bellydancing.

Summer Rejuvenation Special

Use summer to replenish and restore! Purchase an Endless Summer or Full Session of Classes and

Add a Relaxing Massage for only

\$50*

*1-hr Swedish Massage. Gratuity not included. Must be purchased at registration and fulfilled before Sept 18. Sorry, drop-in and class passes are not eligible. Not transferrable and no other discounts or offers apply.

CLASS FEES

1 – 1 ½ hr class per class for entire session*	\$115
Endless Summer Pass (unlimited classes all session)	\$300
Bellydancing (8 weeks)	\$80
Prenatal (8 weeks)	\$100
T'ai Chi (4 classes)	\$45
5-class pass (60 day limit)	\$70
10-class pass (90 day limit)	\$130
Drop-In	Not enrolled in another class \$17 Enrolled in another class \$15

*10% Discount on full session enrollments for students, military and seniors. No discounts on passes, drop-in or 4-8 week sessions. Payment plans available. See website for additional information.

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