



# Winter 2012 • January 2 - April 1

| Sun   | Mon  | Tue  | Wed   | Thu  | Fri   | Sat   |
|---|--|--|---|--|---|---|
|   | <b>10:00-11:00am</b><br><b>T'ai Chi for Seniors</b><br><b>Sheila</b><br><i>Pre-Registration required</i> | <b>10:30-12:00</b><br><b>All Levels</b><br><b>Stacey</b>   |   |  | <b>9:15-10:45am</b><br><b>All Levels</b><br><b>Jennifer</b>                     | <b>8:30-10:00am</b><br><b>Advanced Tai Chi</b><br><b>Sheila</b><br><b>Instructor Permission</b> |
|   |  |  |   |  |   |   |
| <b>4:00-5:30pm</b><br><b>Intermediate</b><br><b>Yoga Flow</b><br><b>Ann</b> |  |  | <b>4:30-5:45pm</b><br><b>Gentle/Beginning</b><br><b>Carolyn</b> |  | <b>Exclusive</b><br><b>Member Events</b><br><br>(See Website for dates & times) |   |
|   | <b>5:30-7:00</b><br><b>All Levels</b><br><b>Sissy</b>  | <b>5:30-7:00pm</b><br><b>All Levels</b><br><b>Jennifer</b> | <b>5:30-7:00</b><br><b>Beginning</b><br><b>Sissy</b>            | <b>5:30-7:00pm</b><br><b>Level II-III</b><br><b>Jennifer</b><br><br><b>Instructor Permission</b> |   |   |
|   | <b>6:00-7:00pm</b><br><b>Beginning T'ai Chi</b><br><br><b>Starts 1/23/12</b>                             |  |   | <b>6:00-7:30pm</b><br><b>Intro toYoga</b><br><b>Staff</b><br><b>March 8-22</b>                   |   |   |

[www.williamsburgyoga.com](http://www.williamsburgyoga.com)



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**Introduction To Yoga:** Step-by-step instruction in basic poses to build strength and flexibility in basic postures. PRE-REGISTRATION REQUIRED

**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. Includes deep relaxation and breath work. Recommended for people who are new to yoga.

**Beginning Yoga Flow:** Basic poses linked by breath. Recommended completion of Introduction to Yoga.

**Gentle:** For people who need extra support. Poses are performed in or near chairs. Builds strength and flexibility. *Suitable for injuries or special conditions.*

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

**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.*

**Introduction To T'ai Chi:** Introduction to the first set of movements (up to 18 moves) Required prior to participation in all classes. PRE-REGISTRATION REQUIRED.

**Tai Chi for Seniors:** A special form that improves balance and coordination among older adults.

**Intermediate T'ai Chi:** Work on 2nd and 3rd sets of movements. Requires completion of Level 1.

**Advanced Tai Chi:** Completion of the third set and refinement of all 108 movements. *Instructor permission required. Advanced students only.*

## CLASS FEES\*

|   | Non-Member | Member |
|---|------------|--------|
| <b>AYC Membership (1 year)</b>                        |            |        |
| -Individual \$75                                      |            |        |
| -Family \$125   |            |        |
| -Senior 65+ \$65                                      |            |        |
| -Student \$50   |            |        |
| <b>1 – 1 ½ hr class per class for entire session*</b> | \$180      | \$165  |
| <b>Unlimited classes all session</b>                  | \$500      | \$400  |
| <b>Introduction to Yoga or T'ai Chi (4weeks)</b>      | \$65       | \$60   |
| <b>5-class pass (60 day limit)</b>                    | \$80       | \$75   |
| <b>10-class pass (90 day limit)</b>                   | \$150      | \$140  |
| <b>Drop-In</b>  |            |        |
| Not enrolled in another                               | \$17       | \$15   |
| Enrolled in another                                   | \$16       | \$14   |
| <b>1 hour private Yoga or T'ai Chi session</b>        | \$70       | \$65   |

*\*Payment plans are available.*

*See website for additional information about classes and membership.*

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