

class schedule



DAY	TIME	CLASS	LEVEL	INSTRUCTOR
Monday	6:30–8:30 am	Mysore Style Ashtanga*	All Levels**	Beata
	9:30–11:00 am	Vinyasa Flow	Begin/Inter	Tammy Holicky
	5:45–7:00 pm	Iyengar-based	Begin/Inter	Tom Abrehamson
	7:15–8:45 pm	Ashtanga Foundations	Beginners	Mojdeh
Tuesday	6:30–8:30 am	Mysore Style Ashtanga*	All Levels**	Beata
	9:30–11:00 am	Iyengar & Vinyasa	Beginners	Connie Habash
	12:00–1:00 pm	Lunchtime Yoga	All Levels	Mojdeh
	<i>New from 3/16</i> 4:00–5:00 pm	Kid's Yoga (5-12 years old) \$10	All Levels	Shyamoli Banerjee
	5:30–7:00 pm	Anusara	All Levels	Ken Graham
Wednesday	6:30–8:30 am	Mysore Style Ashtanga*	All Levels**	Beata
	9:30–10:45 am	Iyengar	Beginners	Betty Strain
	5:45–7:00 pm	Hatha Yoga	Beginners	Julianne Rice
	7:15–8:45 pm	Ashtanga	Begin/Inter	Mojdeh
Thursday	6:00–6:30 am	Meditation (free)	All Levels	Philippe Alexis
	6:30–8:30 am	Mysore Style Ashtanga*	All Levels**	Anne Finstad
	9:30–11:00 am	Hatha & Restorative	Beginners	Kathy Rule
	11:30–12:30 pm	Prenatal Yoga	All Levels	Jeanna Lurie
	5:45–7:00 pm	Iyengar-based	Intermediate	Tom Abrehamson
	7:15–8:45 pm	Mysore Style Ashtanga	All Levels**	Beata
Friday	6:30–8:30 am	Mysore Style Ashtanga*	All Levels**	Anne Finstad
	9:30–11:00 am	Iyengar & Vinyasa	All Levels	Pat Statsky
	5:30–7:00 pm	Ashtanga	Begin/Inter	Mojdeh
	7:15–8:30 pm	Intro to Yoga (\$10 drop in)	Beginners	Aska Yoshizu
Saturday	8:00–9:30 am	Iyengar-based	Begin/Inter	Tom Abrehamson
	10:00–11:40 am	Ashtanga Led Primary Series	Intermediate**	Philippe Alexis
	12:00–1:30 pm	Hatha Yoga	Beginners	Julianne Rice
Sunday	7:30–9:30 am	Mysore Style Ashtanga*	All Levels**	Beata
	10:00–11:30 am	Anusara	All Levels	Amy Raichert
	4:00–5:30 pm	Ashtanga	Begin/Inter	Mojdeh
	6:00–7:00 pm	Meditation (\$7 drop in)	All Levels	Mojdeh

Fees

All classes:

\$15 drop in

(no need to preregister)
\$10 for kids

Packages:

5 classes for \$50
New Students Only
Expires in 60 days

10 class series
\$120 (\$90 kids)

One Month Unlimited
\$135

\$165 w/ Morning Mysore

YiY Membership
\$125

(monthly unlimited,
automatic rollover)

\$150 w/ Morning Mysore

*Studio opens at 6am. If you are new to Mysore Style classes please read the class description on our website before attending your first class at www.yogaisyouth.com/schedule/mysore.htm

**Familiarity with the first part of the Ashtanga Vinyasa Primary Series is recommended.

Class Descriptions

Anusara Yoga: hatha yoga system that unifies a philosophy of goodness with the principles of alignment

Ashtanga Yoga: dynamic yoga based on the combination of breath and movement

Hatha Yoga: blend of Iyengar technique, Anusara heart and the 8 limbs

Iyengar Yoga: strength, flexibility and relaxation with correct body alignment

Mysore Style: self-practice with one-on-one teacher guidance and adjustment

Vinyasa Flow: breath and movement are synchronized in a flow of postures individual to each class

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Voted Best Yoga Studio in Mountain View for the third year running by the Mountain View Voice—Thank you!