



# Yoga Center Schedule of Classes, May 1 – June 30, 2010

of NEWBURYPORT  
An Anusara-Inspired Studio

Gentle Gentle

All Levels All Levels

Intermediate Intermediate

Specialty Class Specialty Class  
See reversed side for dates.

## Ongoing Yoga Classes shown in color on the schedule:

Drop-in – \$15

10-Class Card – \$120  
(good for 3 months)

Membership includes unlimited attendance to all Ongoing Yoga classes.

1-month membership – \$100

4- month membership – \$340

Yearly Membership – \$930

## Specialty Classes – shown in white on the schedule.

Not included in membership or 10-class cards. See reverse for details.

Please arrive at least 10 minutes before the class begins.

Schedule subject to change.

|                      | Monday   | Tuesday  | Wednesday  | Thursday                             | Friday   | Saturday   | Sunday  |
|----------------------|--|--|--|--------------------------------------|--|--|---|
| <b>Early Morning</b> |  | 7:30–8:30<br>All Levels Yoga<br>Leigh<br>(A-I)   | 7:45–8:45<br>Qi Gong<br>Rose D.                      |                                      |  | 8:15–9:45<br>All Levels Yoga<br>Rotation   | 9:00–10:30<br>Intermediate Yoga<br>Pamela/Manny<br>No class 5/2<br>(A-I)  |
| <b>Mid Morning</b>   | 9:15–10:45<br>Intermediate Yoga<br>Ann                     | 9:15–10:30<br>Gentle Yoga<br>Manny<br>(A-I)      | 9:15–10:45<br>All Levels Yoga<br>Pamela<br>(A-I)     | 9:15–10:30<br>All Levels Yoga<br>Ann | 9:15–10:45<br>Intermediate Yoga<br>Manny<br>(A-I)    | 10:00–11:45<br>Master Classes with<br>Marc St. Pierre or<br>Intermediate/Advanced Yoga<br>see web schedule |   |
| <b>Late Morning</b>  |  |  | 11:00–12:00<br>Easy Does it Yoga<br>Rose R.<br>(A-I) |                                      | 11:00–12:00<br>Easy Does it Yoga<br>Rose R.<br>(A-I) |  |   |
| <b>Afternoon</b>     |  | 1:30–2:30<br>Chair Supported Yoga<br>Renee       |  |                                      |  |  | 5:00–6:30<br>All Levels Yoga<br>Jen/Leigh/Manny                           |
| <b>Evening</b>       | 5:30–6:45<br>All Levels Yoga<br>Jen/Manny<br>no class 5/31 | 5:30–6:30<br>Yoga for 50+<br>Rose R.<br>(A-I)    | 5:30–6:30<br>Intermediate Yoga<br>Shaina             | 5:30–6:45<br>All Levels Yoga<br>Ann  | Rest & Renew<br>5/14<br>5:30–7:00pm<br>Joanne        | Yoga for Cancer<br>Patients<br>2:00–4:00pm<br>5/15<br>Joanne & Rose  | 6:45–8:15<br>Intro to Yoga 1<br>Manny & Cris/Leigh<br>No class 6/20 & 7/4 |
| <b>Night</b>         | 7:00–8:30<br>Bunjinkan Ninjutsu<br>Gary                    | 7:00–8:30<br>Yoga Fundamentals<br>Leigh<br>(A-I) | 6:45–8:00<br>Prenatal Yoga<br>Christina              |                                      |  |  |   |

(A-I)/ Taught by Anusara Inspired Teacher



Yoga Center  
of NEWBURYPORT

12 Maple Street Newburyport, MA 01950 978.463.4354 See [www.newburyportyoga.com](http://www.newburyportyoga.com) for details and other offerings.

### Ongoing Yoga Classes – shown in color on the schedule

**Gentle Yoga:** Focused on basic alignment, gentle stretching and the breath; a supportive environment for beginners and continuing practitioners.

**Introduction to Yoga:** The basics of yoga for those entirely new to the practice. Six week series is \$140 and includes unlimited attendance at Ongoing Yoga classes. Call 978-463-4354 or email [center@newburyportyoga.com](mailto:center@newburyportyoga.com) to register. Six week session begins 6/6.

**Easy Does It Yoga:** Perfect for anyone who wants to take class a little slower and deepen their understanding of alignment. Continuous. Drop-ins \$10.

**All Levels Yoga:** Continuing studies that balance strength with flexibility, refine alignment techniques and begin to build endurance. Fine for those new to yoga, if you are physically fit.

**Yoga Fundamentals:** For students with some previous yoga experience, this class provides a sequenced curriculum of the fundamental principles of Anusara-Inspired yoga. Runs continuously for drop-ins and members; 6 week registration is \$140 and includes unlimited attendance at Ongoing Yoga classes. 6 week curriculum session begins 6/8, with general classes offered on other nights.

**Intermediate Yoga:** More challenging classes that help you expand your practice on all levels; building stamina, strength and a steady mind in a serious, but playful environment. Not recommended for the beginner.

### Specialty Classes – shown in white on the schedule

Not included in Center Membership. No drop-ins, unless otherwise noted.

**Bujinkan Ninjutsu Training** with Gary Phillips. Japanese Martial Arts. Continuous. \$15 per class; \$75 for 6 weeks. Contact Gary at 617-645-8552. Drop-ins welcome.

**Chair-supported Yoga – Less Is More** with Renee Le Verrier. LIM Yoga's gentle approach blends traditional poses with modifications and chair support. 1:30 class runs continuous, \$10 per class, drop-ins welcome. First class free. Contact Renee at [renee@limyoga.com](mailto:renee@limyoga.com) or 603-674-6660.

**Master classes** with certified Anusara Instructor Marc St. Pierre. Come explore the depth and breadth of Anusara Yoga with weekly Intermediate/Advanced classes. Should be able to kick up to handstand at the wall and press up to wheel unassisted - this class will rock and roll! \$20 per class. Check the interactive schedule on our website for the most current dates for these classes.

**Prenatal Yoga** with Christina Dubin 6 week series begins week of 6/9. Registration required. You may join mid-session if space is available. Contact Christina at 978-223-2201 or [christina@naturalyogi.com](mailto:christina@naturalyogi.com).

**Qi Gong** with Rose Dobosz offers a meridian style Qi Gong. No previous experience is necessary. 10 week sessions. Session 5/12–7/14. \$110; first class free. Registration is required. No drop-ins after 1st class. Call Rose at 978-973-0499.

**Rest & Renew: Restorative Yoga** with Joanne Rowley. \$18 non-members, \$15 members. Registration required. Call Joanne at 978-463-9318 or email [ritamb@comcast.net](mailto:ritamb@comcast.net).

**Yoga for Cancer Patients** with Joanne Rowley and Rose Russo. Registration required. Call Joanne at 978-463-9318, email [ritamb@comcast.net](mailto:ritamb@comcast.net) or Rose Russo 978-465-2998, email [pathways-rose@comcast.net](mailto:pathways-rose@comcast.net). Donations only.

**Anusara Immersion–Part 3 with Marc St. Pierre, July 16-18 and 23-25.  
See website for more details.**