



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		6:00–7:00 Early Bird Yoga Shaina	7:45–8:45 Qi Gong Rose D. <small>no class 10/20 & 11/24</small>	6:00–7:00 Early Bird Yoga Shaina		8:15–9:45 All Levels Yoga Rotation	
Mid Morning	9:15–10:45 Intermediate Yoga Ann	9:15–10:30 Gentle Yoga Manny (A-I)	9:15–10:45 All Levels Yoga Pamela (A-I)	9:15–10:30 All Levels Yoga Ann	9:15–10:45 Intermediate Yoga Manny (A-I)	10:00–12:00 Yoga Master Class Marc St. Pierre Bi-monthly See online schedule (C-A)	9:15–10:45 Intermediate Yoga Shaina/Jim <small>no class 10/3</small>
Late Morning			11:00–12:00 Easy Does it Yoga Rose R. (A-I)	11:00–12:15 Moms & Babies Christina	11:00–12:00 Easy Does it Yoga Rose R. <small>no class 11/26</small> (A-I)		
Afternoon		1:30–2:30 Chair Supported Yoga Renee		4:00–5:00 Kids Yoga Starts 9/16 & 11/4 Ann		2:00–4:00 Yoga for Cancer Patients 10/23, 11/20, 12/11 Joanne & Rose	4:00–5:30 All Levels Yoga Manny (A-I)
Evening	5:30–6:45 All Levels Yoga Manny (A-I)	5:30–6:30 Yoga for 50+ Rose (A-I)	5:15–6:30 Intermediate Yoga Pamela (A-I)	5:30–6:45 All Levels Yoga Ann	5:30–7:30 Yoga for Cancer Patients at Maudslay 9/17 Joanne & Rose	5:00–7:00 Doubles Yoga 10/9 Manny & Cristina	5:45–7:15 Intro to Yoga Manny & Cristina (A-I)
Night	7:00–8:30 Bunjinkan Ninjutsu Gary	7:00–8:30 Yoga Fundamentals Leigh (A-I) 7:00–8:30 Moving into Balance Starts 9/27– Manny	6:45–8:00 Prenatal Yoga Christina	7:00–8:30 Meditative Yoga Jen	5:30–7:00 Rest & Renew 9/24, 10/15, 11/12 & 12/10 Joanne	5:15–6:30 Hot & Spicy Yoga 11/20 Shaina	

(A-I)/ Taught by Anusara-Inspired™ Teacher, (C-A) Taught by Certified Anusara™ Teacher

Ongoing Yoga Classes
shown in color on
the schedule:

Drop-in – \$15

10-Class Card – \$120
no expiration date

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.



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 to register. Session begins 9/12 & 11/7.

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.

Early Bird Yoga: Start your morning off on the right foot (or hand or head)! Shaina will guide you through a progressive sequence building in intensity. You'll leave feeling ready to face whatever the day has to bring you! Continuous. Drop-ins \$12.

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.

Bunjinkan 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 or 603-674-6660.

Doubles Yoga with Manny & Cristina. Partner and contact yoga for individuals or couples. \$20 p/p. Registration required. Contact Manny at 978-463-4354 or manny@newburyportyoga.com.

Hot & Spicy Yoga with Shaina as we turn up the heat for this vigorous mixed levels asana class. After class we'll feast on Jewel in the Crown's amazing Indian food. \$15 drop-in (included in membership). Pre-registration and \$10 is required for dinner. Contact Shaina at sdamm02@gmail.com.

Kids Yoga with Ann D'Alessandro for children ages 5-9, 6 week series begins 9/16 & 11/4, \$60 for series; try first class for no cost. Registration required. Contact Ann at 978-363-2705 or ardalessandro@msn.com.

Master classes with certified Anusara™ Instructor Marc St. Pierre. Come explore the depth and breadth of Anusara Yoga with bi-monthly 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. See online schedule for dates

Moms & Babies with Christina Dubin for babies 6 weeks to crawling. 4 week series begins 9/16, 10/14, 11/11. Cost \$74 for series, \$20 per class.

Moving into Balance, Ancient Tools for Dealing with Modern Life with Manny Muros – Study the philosophies behind yoga, seated and movement meditation. Meet life's challenges with greater awareness. 8 weeks begins 9/28, cost \$160. Call 978-463-4354 or email manny@newburyportyoga.com.

Prenatal Yoga with Christina Dubin 6 week series begins 9/15. Registration required. You may join mid-session if space is available. Contact Christina at 978-223-2201 or christina@naturallyogi.com. Cost \$90 for series, \$20 per class.

Qi Gong with Rose Dobosz offers a meridian style Qi Gong. No previous experience is necessary. 12 week sessions. Session 9/22–12/22. Cost \$132; first class free. Registration is required. No class 10/20 & 11/ 24. 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.

Yoga for those Living with Cancer with Joanne Rowley and Rose Russo. Registration required. Call Joanne at 978-463-9318, email ritamb@comcast.net or Rose Russo 978-465-2998, email pathways-rose@comcast.net. Donations only.

Empower Yourself to Heal through Anusara Yoga.
A yoga therapy training for teachers and students of all levels with Todd Norian, October 1–3.
See website for more details.