

Ongoing Yoga Classes shown in color on the schedule:

Drop-in – \$15

10-Class Card – \$130
no expiration date

Membership includes unlimited attendance to all Ongoing Yoga classes.

1-month membership – \$100

3- month membership – \$270

6-month membership – \$510

Yearly Membership – \$960

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
Early Morning		6:00-7:00 Early Bird Yoga Jen		6:00-7:00 Early Bird Yoga Jen		8:15–9:45 All Levels Yoga Rotation	
Mid Morning	9:15–10:45 Intermediate Yoga Ann (A-I)	9:15–10:30 Gentle Yoga Manny (A-I)	9:15–10:45 All Levels Yoga Abi	9:15–10:45 All Levels Yoga Cristina	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 Abi
Late Morning	11:00-12:15 Gentle Yoga Jennifer	11:00–12:00 Moms & Babies Christina D.	11:00–12:00 Easy Does it Yoga Rose (A-I)		11:00–12:00 Easy Does it Yoga Rose (A-I)	10:00–12:30 Meditation, Asana & Breathwork Workshop Manny 1/14, 2/25 & 3/10 (A-I)	12:00-3:00 Dancing from Within Jen 1/15, 1/29, 2/12, 2/26 & 3/11
Afternoon		1:30–2:45 Chair Supported Yoga Renee 4:00–5:00 Kids Yoga Jen				2:00–4:00 Yoga for Cancer Patients 1/28, 2/25, 3/31 & 5/5 Joanne & Rose	4:00-5:15 All Levels Yoga Manny (A-I)
Evening	5:30–6:45 All Levels Yoga Ann (A-I)	5:30–6:30 Yoga for 50+ Rose (A-I)	5:15-6:30 All Levels Yoga Leigh (A-I)	5:30–6:45 All Levels Yoga Manny (A-I)	5:30-6:45 All Levels Yoga Jen No class 1/27, 2/24 & 3/30	3:30-7:00 Valentine's Day Couples Workshop 2/11 Manny & Cristina	5:30-6:45 Intro to Yoga Manny & Cristina
Night	7:00–8:30 Bunjinkan Ninjutsu Gary	7:00–8:30 Gentle Yoga Cristina	6:45-8:15 Prenatal Yoga Cristina 6:45-7:30 Meditation Manny 8:30–10:00 Bunjinkan Ninjutsu Gary	7:00-8:30 Gentle Yoga Cristina	5:30–7:00 Rest & Renew 1/27, 2/24 & 3/30 Joanne		7:00-8:15 Prenatal Yoga Christina

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

Ongoing Yoga/Meditation 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. 6 week series is \$140 and includes unlimited attendance at Ongoing Yoga classes. Call 978-225-3700 or email center@newburyportyoga.com to register. Session begins 1/8.

Easy Does It Yoga: Perfect for anyone who wants to take class a little slower, deepen their understanding of alignment and yoga therapy. 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.

Early Bird Yoga: 6-week session. Attend one class per week \$65 or attend both classes per week \$120. Drop-ins welcome.

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.

Wednesday Meditation with Manny Muros. Call 978-225-3700 or email manny@newburyportyoga.com. Continuous. Drop-ins \$10.

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 or 603-674-6660.

Dancing from Within with Jen Truppner. Sundays, 1/15, 1/29, 2/12, 2/26 & 3/11. Cost \$30 per class or \$125 for 5 weeks. Call Jen at 978-270-1331 or jentrup@hotmail.com. Registration Required

Kids Yoga with Jen Truppner for children ages 6-10, 6 weeks series begins 1/10, \$65 for series. Registration required. Contact Jen at 978-270-1331 or jentrup@hotmail.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 rocks! \$20 per class. See online schedule for dates.

Meditation, Asana & Breathwork Workshop with Manny Muros, Saturdays, 1/14, 2/25 & 3/10. Cost \$25 per class. Suitable for beginner or advanced practitioners. Call 978-225-3700 or email manny@newburyportyoga.com.

Moms & Babies with Christina Dubin for babies 6 weeks to crawling, 4 week series, begins 1/31. Registration required. Contact Christina at 978-223-2201 or christinad@newburyportyoga.com. Cost \$60 for series, \$18 per class.

Prenatal Yoga with Cristina Muros 6 week series begins 1/4 & 1/8, Wed & Sunday. Registration required. You may join mid-session if space is available. Contact Cristina at 978-225-3700, cristina@newburyportyoga.com. Register for one series \$90 or both series \$160, \$20 per class.

Rest & Renew: Restorative Yoga with Joanne Rowley. \$20 non-members, \$15 members. Registration required. Call Joanne at 978-463-9318 or email ritamb@comcast.net.

Valentine's Day Couples with Manny & Cristina Muros. Join us for a romantic and powerful afternoon. We will combine couples yoga, meditation, breath-work, & Thai bodywork to create an atmosphere of love & deep connection, 2/11. Cost \$85/couple, registration required. Call 978-225-3700 or email manny@newburyportyoga.com.

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. By donation only.

Dancing from Within with Jen Truppner. See website for more details.