



# Yoga Center Schedule of Classes, July 1 – August 29, 2010 (Center closed August 30–September 6)

of NEWBURYPORT  
An Anusara-Inspired Studio

Gentle
  All Levels
  Intermediate
  Specialty Class  
 See reversed side for dates.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Morning</b>			7:45–8:45 <b>Qi Gong</b> Rose D. Ends 7/14			8:15–9:45 <b>All Levels Yoga</b> Rotation	9:00–10:30 <b>Intermediate Yoga</b> Manny No class 7/4 (A-I)
<b>Mid Morning</b>	9:15–10:45 <b>Intermediate Yoga</b> Ann	9:15–10:30 <b>Gentle Yoga</b> Manny (A-I)	9:15–10:45 <b>All Levels Yoga</b> Pamela (A-I)	9:15–10:30 <b>All Levels Yoga</b> Ann	9:15–10:45 <b>Intermediate Yoga</b> Manny (A-I)		
<b>Late Morning</b>			11:00–12:00 <b>Easy Does it Yoga</b> Rose R. No class 7/21 (A-I)	11:00–12:15 <b>Moms &amp; Babies</b> Christina No class 7/22	11:00–12:00 <b>Easy Does it Yoga</b> Rose R. No class 7/23 (A-I)		
<b>Afternoon</b>		1:30–2:30 <b>Chair Supported Yoga</b> Renee			<b>Yoga for Cancer Patients</b> 5:30–7:30pm 7/9 at Maudslay State Park Joanne & Rose		5:00–6:30 <b>All Levels Yoga</b> Leigh/Manny No class 7/4
<b>Evening</b>	5:30–6:45 <b>All Levels Yoga</b> Leigh/Manny (A-I)	5:30–6:30 <b>Yoga for 50+</b> Rose R. No class 7/27 & 8/3 (A-I)		5:30–6:45 <b>All Levels Yoga</b> Ann	6:00–7:15 <b>Community Yoga</b> July 2 August 6 by donation only		6:45–8:15 <b>Intro to Yoga 1</b> Manny & Cristina No class 7/4
<b>Night</b>	7:00–8:30 <b>Bunjinkan Ninjutsu</b> Gary	7:00–8:30 <b>Yoga Fundamentals</b> Leigh (A-I)	6:45–8:00 <b>Prenatal Yoga</b> Christina				

(A-I)/ Taught by Anusara Inspired Teacher

## 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.



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 – 7/25.

**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 7/20, 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.

**Community Yoga Classes – 7/2 and 8/6, All-Levels, all welcome, pay as you can.**

**Moms & Babies** with Christina Dubin. for babies 6 weeks to crawling. 4 week series begins 7/15 and 8/12

**Prenatal Yoga** with Christina Dubin 6 week series begins week of 7/28. 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.

**Yoga for Cancer Patients** with Joanne Rowley and Rose Russo. A reunion gathering, join us as we explore a walking meditation through Maudslay State Park. 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 21–25.  
See website for more details.**