

# SPRING 2008 Class Schedule: March 31 - July 6

## MINNEAPOLIS Studio

212 3rd Ave. N. Suite 205  
Minneapolis, MN 55401  
612-436-4700

**P = Pre-Registration** required

### LEVEL of EXPERIENCE:

**Level 1:** For beginners.

**Level 1/2:** For those who have some yoga experience and are still working on gaining flexibility and need help learning how to modify poses for their bodies.

**Level 2:** For intermediates - has yoga experience and is ready for more challenging poses, pace, and concepts. Knows how to and willingly modifies poses to suit their experience level and comfort.

**Level 2/3:** For yogis who are intermediates and up who are able to safely work into backbends & inversions such as Bridge Pose and Headstand.

### SWEAT FACTOR (SF):

0 = no intensity, no sweating

1 = moderate pace with many rests

2 = moderate to sustained pace with fewer rests

3 = sustained sequence building substantial body heat

### NOTES:

**SCHEDULE UPDATED: May 8, 2008.**

Class schedules are subject to change at any time. Please continue to check our website, as these schedules will always be the most up to date.

**DROP-INS ok for "P" classes** as long as the class isn't marked **FULL**.

**Session Make-Up Policy:** If your teacher offers more than one class a week, you may make-up two of your missed classes by the end of Spring Quarter, July 6, 2008. Make-ups are to be done with your same instructor in any of their OTHER classes. When you attend your make-up class, be sure and sign in at the front desk as a "make-up."

**BIG A##!™ Yoga™ Session Make-Up Policy:** You may make-up your missed classes by the end of Spring Quarter, July 6 2008, in any OTHER BIG A##! Yoga™ class. When you attend your make-up class, be sure and sign in at the front desk as a "make-up."

**YOGA  
CENTER  
of Minneapolis**

To Register:

**612-436-4700**

www.yogacentermpls.com

	Level	SF	Class	Teacher
<b>SUNDAY</b>				
9:45-11:15am	2	2	Hatha Yoga	Ryan
9:45-11:15am	2/3	2	Jivamukti	Rachel
11:30-12:45pm	1	1	<b>P</b> Beginning Yoga (4/13 - 5/18) & (6/1 - 7/6)	Ryan
5:15-6:30pm	2	3	<b>P</b> Big A##! Flow (4/13 - 5/18) & (6/1 - 7/6)	Jessie
7:00-9:30pm	All	0	<b>P</b> Chakras & Healing Energy (4/13, 4/20, 4/27)	Tanya
<b>MONDAY</b>				
5:30-6:45pm	1	1	<b>P</b> Beginning Yoga (4/7 - 5/12) & (5/19 - 6/30)	Chris B
6:00-7:10pm	2/3	3	<b>P</b> Vinyasa Workshop (4/7 - 6/30)	Tanya
7:15-8:30pm	1	2	<b>P NEW TIME</b> Beg.Vin/Ash. I (4/7-5/12) & 2(5/19-6/30)	Tanya
7:30-9:00pm	All	~	<b>P</b> Yoga Study Tech - for Yoga Study Students	Various
<b>TUESDAY</b>				
12:00-1:15pm	All	1	<b>P</b> Beg. Yoga for Back Strength (5/20 - 6/24)	Mary Sage
5:00-6:00pm	2/3	2	Vinyasa Flow	Chelsea
6:00-7:15pm	All	1	<b>P</b> J.A.I. Prenatal Yoga - <b>start anytime</b>	Jen G
6:00-7:25pm	2/3	3	<b>NEW!</b> Jivamukti	Rachel
7:30-8:45pm	1/2	1	<b>P</b> Big A##! Yoga™ 2 (4/8 - 5/13) & (5/20 - 6/24)	Jenn D
7:30-8:45pm	1	1	<b>P</b> Beginning Yoga I (4/8 - 5/13) & (5/20 - 6/24)	Amy P
<b>WEDNESDAY</b>				
12:00-1:00pm	2	2	<b>P</b> Yoga for Flexibility (4/9 - 5/14) & (5/21 - 6/25)	Jenn D
6:00-7:15pm	2	2	Anusara™ Yoga	Chris G
6:00-7:30pm	2/3	3	Ashtanga Primary Series	Chris B
7:30-9:00pm	1	1	<b>P</b> Beginning Anusara™ (4/9 - 5/14) & (5/21 - 6/25)	Chris G
7:30-9:00pm	2/3	0	<b>P</b> Personal Practice Development - see dates online	Chris B
<b>THURSDAY</b>				
12:00-1:15pm	All	1	<b>P</b> Yoga for Back Strength (4/10 - 5/15) & (5/22 - 6/26)	Mary Sage
5:00-6:00pm	1	1	<b>P</b> Beginning Yoga (5/22 - 6/26)	Chelsea
6:00-7:15pm	2/3	3	Urban Flow	Daisy
6:00-7:15pm	1	1	<b>P</b> Big A##! Yoga™ 1 (4/10 - 5/15) & (5/22 - 6/26)	Jenn D
7:30-8:45pm	1	2	<b>P</b> Beg.Ash/Vinyasa I (5/22 - 6/26)	Daisy
7:30-9:00pm	All	~	<b>P</b> Yoga Study Tech - for Yoga Study students	Various
<b>FRIDAY</b>				
7:30-8:30am	1	1	<b>P</b> Beginning Yoga (4/11 - 5/16) & (5/23 - 6/27)	Brett
12:00-1:00pm	1	1	<b>P</b> Beginning Yoga (5/23 - 6/27)	Amy P
3:00-4:30pm	2/3	2	Jivamukti	Rachel
5:45-6:45pm	1/2	2	Friday Celebration Yoga	Brett
<b>SATURDAY</b>				
9:00-10:15am	1/2	2	<b>P</b> Big A##! Yoga™ 2 (4/12 - 5/17) & (5/31 - 7/5)	Dawn
9:00-10:15am	All	1	<b>P</b> JAI Prenatal Yoga - <b>start anytime</b>	Leah
10:30-11:45am	1	2	<b>P</b> Big A##! Yoga™ 1 (4/12 - 5/17) & (5/31 - 7/5)	Dawn
11:30-12:45pm	2/3	0	<b>P</b> Personal Practice Development - see dates online	Monique
12:00-1:15pm	1/2	1	<b>P</b> Yoga for Back Strength (4/12 - 5/17) & (5/31 - 7/5)	Mary Sage

### CLASS FEES (for both studios):

#### DROP-IN CLASSES

(no pre-registration required)

Single Class: \$16 (students/seniors = \$12.50)

4 Class Pass: \$56

12 Class Pass: \$155

24 Class Pass: \$276

36 Class Pass: \$378

#### SPRING SESSIONS (indicated by a "P")

One 6 week session = \$90

Two 6 week sessions = \$165

Three 6 week sessions = \$225

Four 6 week sessions = \$276

One 12 week session = \$165

Two 12 week sessions = \$276

Three 12 week sessions = \$378

### DROP-IN CLASS PASS RULES:

- **ALL PASSES EXPIRE the END of SPRING Quarter, JULY 6**, unless you are a Member of the Yoga Center (see website or call us for details).
- DROP-IN Class Passes may be used at both Yoga Center locations.

### CANCELLATION POLICY:

Full payment reserves your space. There are no refunds. If you cancel more than 24 hours prior to the beginning of a session, your payment is transferred to a studio credit that you can use for any Yoga Center product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the session, you forfeit your payment.

# SPRING 2008 Class Schedule: March 31 - July 6

## ST. LOUIS PARK Studio

4200 Minnetonka Blvd.  
St. Louis Park, MN 55416  
952-345-1953

**P = Pre-Registration required**

### LEVEL of EXPERIENCE:

**Level 1:** For beginners.

**Level 1/2:** For those who have some yoga experience and are still working on gaining flexibility and need help learning how to modify poses for their bodies.

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**Level 2/3:** For yogis who are intermediates and up who are able to safely work into backbends & inversions such as Bridge Pose and Headstand.

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**BIG A#%™ Yoga™ Session Make-Up Policy:** You may make-up your missed classes by the end of Spring Quarter, July 6, 2008, in any OTHER BIG A#%™ Yoga™ class. When you attend your make-up class, be sure and sign in at the front desk as a "make-up."

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To Register:

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SUNDAY	Level	SF	Class	Teacher
9:00-10:15am	1	1	<b>P</b> Beginning Yoga I (4/13 - 5/18) & (6/1 - 7/6)	Amy P
9:30-11:00am	2/3	3	Ashtanga Primary Series	Chris B
11:15-12:30pm	1	2	<b>P</b> Beg.Ash/Vinyasa I (4/13 - 5/18) & 2 (6/1 - 7/6)	Chris B
11:30-12:45pm	2/3	3	Urban Flow	Daisy
1:00-2:30pm	All	2	<b>P</b> Yoga for New Mommies - <b>start anytime</b>	Daisy
4:00-5:15pm	2	2	Vinyasa Flow	Mary Sage
4:00-5:25pm	All	~	<b>P</b> Yoga Study Tech - for Yoga Study students	Various
5:15-6:45pm	1/2	1	<b>P</b> Beginning Yoga (4/13 - 5/18) & (6/1 - 7/6)	Tara
5:30-6:45pm	All	1	<b>P</b> Yoga for Back Strength (4/13 - 5/18) & (6/1 - 7/6)	Mary Sage
7:00-8:30pm	All	0	<b>P</b> Meditation (4/13 - 5/18) & (6/1 - 7/6)	Tara
<b>MONDAY</b>				
9:15-10:00am	All	~	<b>P</b> Storytime Yoga - ages 2-6 - <b>start anytime</b>	Betsy S.
9:30-11:00am	2/3	2	Kriya Yoga	Lisa
9:45-11:00am	2/3	3	Vinyasa Flow	Betsy
11:15-12:15pm	All	1	<b>P</b> Yoga Bonding Postnatal® - no class 3/31	Lisa
12:00-1:00pm	All	1	Vinyasa Flow	Jessie
1:00-2:30pm	All	~	<b>P</b> New Mama Group (4/7 - 5/12) & (5/19 - 6/30)	Amma
4:30-5:30pm	All	1	<b>P</b> Beg. Ashtanga Ages 9+ (4/7 - 5/12) & (5/19 - 6/30)	Kristina
5:45-7:00pm	2	3	Vinyasa Flow	Jenn D
6:00-7:15pm	2	2	Hatha Yoga	Melanie
7:15-8:30pm	1/2	2	<b>P</b> Yoga for Flexibility (4/7 - 5/12) & (5/19 - 6/30)	Jenn D
7:30-8:45pm	1/2	1	<b>P</b> Beginning Yoga I (4/7 - 5/12) & (5/19 - 6/30)	Melanie
<b>TUESDAY</b>				
6:00-7:00am	All	~	<b>P</b> Pranayama & Meditation (5/20-6/24)	Tanya
7:00-9:00am	All	2	Open Studio - Assisted Self Practice	Kristina
9:30-11:00am	2/3	3	Yoga for Transformation	Betsy
9:30-11:00am	2/3	2	Mi-an Yoga	Monique
11:15-12:15pm	All	~	Restorative Yoga	Amy P/Tara
11:15-12:30pm	3	2	Vinyasa Flow	Rey
1:00-2:15pm	All	1	<b>P</b> Kids Yoga - ages 4-6 - <b>start anytime</b>	Sarah K
1:00-2:15pm	1	1	<b>P</b> Beginning Yoga I (4/8 - 5/13) & (5/20 - 6/24)	Lisa
4:30-5:30pm	All	1	<b>P</b> Preteen Yoga - ages 8-12 (5/20 - 6/24)	Elizabeth
5:45-7:00pm	1	2	<b>P</b> Beginning Yoga I (4/8 - 5/13) & (5/20 - 6/24)	Naomi
6:00-7:10pm	2/3	3	<b>P</b> Vinyasa Workshop (4/8 - 6/24)	Tanya
7:15-8:30pm	2	3	Vinyasa Flow	Naomi
7:15-8:30pm	1	2	<b>P</b> <b>NEW TIME!</b> Beg.Vin/Ash I(4/8-5/13) & 2(5/20-6/24)	Tanya
<b>WEDNESDAY</b>				
7:00-8:15am	1/2	1	<b>P</b> Yoga for Back Strength (5/21 - 6/25)	Mary Sage
8:00-9:15am	1	1	<b>P</b> Beginning Yoga (5/21 - 6/25)	Susan
9:30-11:00am	2/3	2	Kriya Yoga	Lisa
9:45-11:00am	All	1	<b>P</b> J.A.I. Prenatal Yoga	Leah
11:15-12:15pm	All	1	<b>P</b> Yoga Bonding Postnatal® - no class 4/2	Lisa
11:15-12:30pm	1	1	<b>P</b> Beginning Yoga 2 (4/9 - 5/14) & (5/21 - 6/25)	Mary Sage
4:30-5:45pm	All	1	<b>P</b> Kids Yoga - ages 4-7 - <b>start anytime</b>	Sarah K
4:30-5:45pm	1	1	<b>P</b> Beginning Yoga (4/9 - 5/14) & (5/21 - 6/25)	Tara
6:00-7:15pm	2	2	Vinyasa Flow	Ryan
6:00-7:15pm	1/2	1	Hatha Yoga	Tara
7:30-8:45pm	1	1	<b>P</b> Beginning Yoga (4/9 - 5/14) & (5/21 - 6/25)	Ryan
7:30-8:45pm	1/2	0	<b>P</b> Yin Yoga/Meditation (4/9 - 5/14) & (5/21 - 6/25)	Tara
<b>THURSDAY</b>				
7:00-9:00am	All	2	Open Studio - Assisted Self Practice	Kristina
8:00-9:15am	2	1	Slow Flow Vinyasa	Laura
9:30-10:45am	All	0	Restore & Renew	Coleen
9:30-11:00am	2/3	3	Yoga for Transformation	Betsy
11:00-12:15pm	2/3	2	Vinyasa Flow	Ryan
11:30-12:45pm	1	2	<b>P</b> Beg. Ashtanga I (4/10 - 5/15) & 2 (5/22 - 6/26)	Kristina
5:00-6:00pm	All	1	<b>P</b> Preteen Yoga - ages 8-12 - <b>start anytime</b>	Elizabeth
6:00-7:15pm	1/2	2	Vinyasa Flow	Amy P
6:00-7:10pm	All	1	<b>P</b> J.A.I. Prenatal Yoga - <b>start anytime</b>	Tanya
7:15-8:30pm	1	2	<b>P</b> Beg Vinyasa/Ash. I (4/10 - 5/15) & 2 (5/22 - 6/26)	Tanya
7:30-8:45pm	1	1	<b>P</b> Beginning Yoga I (4/10 - 5/15) & (5/22 - 6/26)	Amy P
<b>FRIDAY</b>				
8:00-9:15am	All	1	Hatha 55+	Susan
9:30-11:00am	2/3	2	Mi-an Yoga	Monique
9:45-11:00am	1	1	<b>P</b> Beg. Ash/Vinyasa I (4/11 - 5/16) & 2 (5/23 - 6/27)	Holly
11:15-12:15pm	1/2	2	Slow Flow Vinyasa	Jessie
5:00-6:15pm	1	1	<b>P</b> Big A#%! Yoga I (5/23 - 6/27)	Madelyn
6:00-7:15pm	All	2	Hatha Yoga - Donation Class - see dates online	Various
6:30-7:45pm	1/2	1	Twilight Yoga	Ryan
<b>SATURDAY</b>				
7:30-8:45am	2/3	3	Ashtanga Primary Series	Moya
9:00-10:15am	1/2	2	<b>P</b> Beginning Yoga 2 (4/12 - 5/17) & (5/31 - 7/5)	Melanie
10:00-11:15am	2	3	Vinyasa Flow	Naomi
10:30-11:45am	All	0	<b>P</b> J.A.I. Prenatal (Restorative) - <b>start anytime</b>	Coleen
11:30-1:00pm	All	1	<b>P</b> Cardiac/Cancer (4/12 - 5/17) & (5/31 - 7/5)	Tara
12:00-1:15pm	All	0	Restore & Renew	Coleen
1:30-3:00pm	All	2	<b>P</b> Shakti Flow/Dans. (4/12 - 5/17) & (5/31 - 7/5)	Tara
3:00-3:45pm	All	1	<b>P</b> Family Yoga - ages 3-7 (4/12, 5/10, 6/21)	Angela
3:30-4:45pm	2	2	Vinyasa Flow	Kristina