

ॐ Encinitas Yoga

effective October 1, 2009

Schedule time class

MONDAY	
10:30am 5:00pm	Unheated Heated
TUESDAY	
9:00am 6:00pm	Heated Swasthya
WEDNESDAY	
10:30am 6:00pm	Unheated Heated Plus
THURSDAY	
9:00am 11:00am 6:00pm	Heated Swasthya Heated
FRIDAY	
10:30am 12:30pm 5:00pm	Unheated Power Hour Heated
SATURDAY	
9:00am 11:00am 4:00pm	Heated Unheated Heated
SUNDAY	
9:00am	Silent

Pricing

SINGLE CLASS
regular—\$15
student / senior—\$12

MONTHLY
10 Classes
1 month—\$110
2 months—\$130
Unlimited
1 month—\$130

New to Encinitas Yoga?

- Get the first week unlimited for just \$10.
- Upgrade your week unlimited to a full month for just \$79 more (\$41 savings)

*Your second class of
the day is always free!*

**Private sessions are available.
Please call for details.**

We reserve the right to refuse service to anyone.
There are no refunds.

960 second street suite 202
encinitas ca 92024
encinitas-yoga.com
(ph) 760.753.1828

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Class Descriptions

UNHEATED— A great restorative yoga class for anyone interested in or already practicing yoga, and a wonderful way to enjoy a well-rounded, relaxing practice in a non-heated studio. The studio is maintained at room temperature and provides a good workout for new students and those with injuries. You will find a fun and supportive camaraderie amongst the students in this morning class.

Level 1, 75mins, 70-75F, 25% Humidity

HEATED ONE HOUR— A one hour moderately heated class. This class is faster paced than our regular heated class and is a great way to take a yoga break during your lunch hour.

Level 2, 60mins, 80-90F, 40% Humidity

HEATED CLASS— a 90 minute class practiced in a moderately heated studio. This class includes one hour of standing postures and half an hour of floor postures. Our heat helps improve your stretching, but is easier to manage than more heated studios.

Mornings: Level 3, 90mins, 80-90F, 40% Humidity

Evenings: Level 3, 90mins, 90-95F, 45% Humidity

SILENT HEATED CLASS— A more meditative version of the regular morning heated class. As this class is taught with a minimum of direction and no adjustments are offered, it is best that you have prior experience with the Heated Flow that we offer before you attend this class.

Level 4, 90mins, 80-90F, 40% Humidity

HEATED PLUS™ CLASS— A 90 minute class practiced in a heated studio. This class offers a variety of postures for those students seeking change in their practice. Like the regular heated class, it offers one hour of standing postures and half an hour of floor postures.

Level 4, 90mins, 90-95F, 45% Humidity

SWASTHYA— A complete practice has eight different varieties of techniques: mudrá (reflexological hand gesture), pújá (energy dynamization), mantra (vocalizations of sounds and ultra-sounds), pránáyáma (breathing techniques), kriyá (purification techniques), ásana (physical techniques), yōganidrā (relaxation), samyama (concentration, meditation and hyperconsciousness). The DeRose Method is always performed in a choreographic format, executing linking movements between each position, creating beautiful chains through the ásanas.

Mornings: Level 1, 75mins, 70-75F Humidity

Evenings: Level 4, 75mins, 70-75F Humidity

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