

# Yoga from the Heart

October 1st, 2011 - January 1st, 2012

## Keep Your Neck Healthy and Get More Out of Shoulderstand:

Salamba Sarvangasana (Supported Shoulderstand) is one of the oldest and most therapeutic asanas. According to yoga literature, it can relieve allergies, alleviate asthma, stimulate your thyroid, calm your nervous system, and much more.

Come on a journey into the unseen world of gravity, learning how to practice Shoulderstand with greater ease and confidence. To ensure the safety of your neck, we'll explore finding a deeper understanding of how you can create a foundation with your shoulders and arms so that you can practice one of yoga's most beneficial poses.

**Saturday, November 12th | Time: 1:30 - 3:30 pm | Teacher: Steve | Cost: \$40 pre-registration; \$45 day of**

## Thanksgiving Day Workshop: An Annual Tradition

Gratitude and yoga go hand-in-hand, and both are essential to well-being. Welcome the spirit of Thanksgiving with a morning of yoga. Open to the all levels, our annual Thanksgiving Day Workshop is an opportunity to move into the holiday season with a stretched body, open mind, and grateful heart.

**Thursday, November 24th | Time: 10 am - 12 pm | Teacher: Lynn | Cost: \$40 pre-registration; \$45 day of**

## The Perfect Gift: Yoga on Christmas Day!

Want to sneak in a yoga class before opening gifts? Need to relax before celebrating? Nourish your body and mind with a peaceful vibe and positive energy on Christmas Day. We'll breathe out anything from the holiday season that doesn't serve us and breathe in all the hope and possibilities for a wonderful day. You'll feel blissful and exhilarated you leave. Perfect for all levels.

**Sunday, December 25th | Time: 9 - 10:30 am | Teacher: Steve | Cost: \$30 pre-registration; \$35 day of**

## New Year's Day

After all the holiday celebrating and a night of merry making, your hardworking bod could probably use some healthy wringing out. We have a class to kick off 2012 in a way that will get you grounded, focused and motivated! Whether you are new to yoga or a seasoned practitioner, start your year off right with yoga! This popular class includes Sun Salutations, asana and meditation.

**Sunday, January 1st 2012 | 10 am - 12 pm | Teacher: Lynn | Cost: \$40 pre-registration; \$45 day of**

## Complimentary Fall Classes

Yoga from the Heart is committed to building close relationships with our community and aspires to raise the level of health and personal success of everyone we meet! This fall, we invite the Sarasota community and beyond to take one of our **complimentary** yoga classes led by one of our team of talented instructors.

**Dates: 10/01; 10/08; 10/15; 10/22; 10/29; 11/05; 11/12; 11/19; 12/03; 12/10; 12/17**

**Time: 12 - 1 pm**

## New to Yoga Package

Begin yoga with confidence and learn correctly. Identify your needs and learn how the yoga practice can suit your body. This package offers first-time students a 6-class series in addition to a one-hour private session.

**A \$175 value now being offered at only \$125**

## Jumpstart Package

Develop the skills needed to be successful in yoga for years to come. With the Jump Start Package you receive three one-hour private sessions. Perfect for new students, experienced practitioners looking for individualized help, and those who simply prefer one-on-one attention.

**3 1-hour consultations for only \$240**

## Fresh Start Package

Let's face it: we all get a little off track sometimes – maybe your schedule changed, you got busy with work, or you just lost your momentum. Get your mind and body back on track with our Fresh Start Package. Designed for students who haven't practiced in some time, you receive two one-hour private sessions and a 10-class series so you can be back on the mat in no time.

**2 1-hour privates and a 10-class series for only \$225**

## 1 Hour Private Session: \$85

Semi-Private Sessions: \$85 per hour + \$10 for each additional person up to 4 people

In-Home Sessions: \$100 per hour + \$20 for each additional person up to 4 people

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am–9:30 am <i>Up &amp; At 'Em</i> Jaryn		8:30 am–9:30 am <i>Yoga ABC's</i> Tanja			8:30 am–9:45 am <i>Yoga &amp; Meditation</i> Lynn	8:30 am–9:45 am <i>Gentle Restorative</i> Lyn & Ken
10 am–11:15 am <i>Foundations</i> Jaryn	10 am–11:30 am <i>Intermediate</i> Lynn	10 am–11:30 am <i>Mixed Levels</i> Tanja	10 am–11:30 am <i>Intermediate</i> Lynn	10 am–11:15 am <i>Foundations</i> Lynn	10 am–11:30 am <i>Intermediate</i> Lynn	10 am–11:15 am <i>Middle Ground</i> Steve
6 pm–7:30 pm <i>P.M. Yoga</i> Steve	5:45 pm–7 pm <i>Foundations</i> Lynn	6 pm–7:15 pm <i>Middle Ground</i> Michelle	5:45 pm–7:15 pm <i>P.M. Yoga</i> Lynn			

## Holiday Hours

Monday, October 31<sup>st</sup> — 10:00 a.m. Class Only

Wednesday, November 23<sup>rd</sup> — 10:00 a.m. Class Only | Thursday, November 24<sup>th</sup> — 10:00 a.m. - 12 p.m. (2-Hour Workshop)

Sunday, December 25<sup>th</sup> — 9 - 10:30 am (1.5-Hour Workshop) | Monday, December 26<sup>th</sup> through December 29<sup>th</sup> — 10:00 a.m. Classes Only

Sunday, January 1<sup>st</sup>, 2012 — 10:00 a.m. - 12 p.m. (2-Hour Workshop)

## Class Descriptions

**Foundations: Grounding & Essential** - Designed for students new to yoga or new to alignment based yoga. This class focuses on fundamental poses with an emphasis on standing poses, Sun Salutations, and a variety of seated, reclined, and balancing poses.

**Gentle Restorative: Soothing & Blissful** - Slip into a soothing blend of gentle and restorative yoga. Classes begin with breathwork followed by movement to release tension and culminate in a series of restorative postures for deep opening and total relaxation.

**Intermediate: Challenging & Playing Up** - An upbeat, energetic class intended to help students advance their practices, challenge their “edges,” and remember that being complacent or comfortable doesn’t always teach us the more profound life lessons. Classes include yogic philosophy and dharma teachings.

**Middle Ground: Not Too Hard & Not Too Soft** - Come one, come all! This class focuses on building the essential skills necessary to practice yoga safely for years to come. Variations and modifications are given to accommodate both beginning and experienced students.

**Mixed Levels: Strengthen & Lengthen** - Looking for a class that leaves you feeling stronger, more energized and flexible? Modifications and variations offered so that each student can work at their own level.

**P.M. Yoga: Moving Toward Peace** - An inspiring evening workout to transition from the business of the day to a peaceful evening. You will build strength, stamina and endurance for everything in your life. Perfect for all levels.

**Up & At 'Em: Opening & Energizing** - This class is worth getting up for! In one-hour we'll focus on opening the body, relaxing mind and energizing you for the day ahead! A variety of standing poses, twists, backbends, forward bends and hip openers that are simple enough for beginners and effective for everyone.

**Yoga ABC's: Beginning at the Beginning** - An inspiring, informative introduction that provides the fundamentals necessary to build a well-balanced yoga practice. This class is a great start to yoga and perfect for those wanting to brush up on the basics.

**Yoga & Meditation: Mental & Physical Harmony** - A balanced mind contributes to a balanced life. This class leads you through basic yoga poses followed by silent meditation. No experience necessary; great for all levels.

## Series and Class Fees

First class **complimentary** for first-time **local** students

**\$15 Single Class - Always welcome**

**\$52 for 4 Class Series**

**\$72 for 6 Class Series**

**\$110 for 10 Class Series**

**\$275 for 25 Class Series**

## Exceptional Faculty

*Founder / Director* Lynn Burgess MBA, RYT 500, E-RYT 500

*Instructors* Lyn Bollmeyer, RYT 200

Ken Brink, RYT 200

Michelle Eifert RYT 200

Steve Lang RYT 200, E-RYT 200

Jaryn Nelson RYT 200

Tanja Zeissner RYT 200