

**SEPT 10-DEC 31 2007****MONDAY**

9:00am - 10:30am	Deep Stretch 1-3	Hannah B.	☼
9:00am - 10:30am	Power Yoga 1-2	Carrington	☾
10:45am -12:15pm	Postnatal Yoga*	Tessa	☼
10:45am -12:15pm	Hatha Yoga 1-2	David	☾
4:00pm - 5:30pm	Aerial Practice 2+	Rebecca	☼
4:15pm - 5:15pm	Hatha Yoga 1	Danielle	☾
5:45pm - 7:15pm	Vinyasa Flow 1-2	Rebecca	☼
5:45pm - 7:15pm	Prenatal Yoga*	Amy	☾
7:30pm - 9:00pm	Aerial Yoga 1*	Rebecca	☼
7:30pm - 9:00pm	Dynamic Flow 2-3	Mike	☾

**TUESDAY**

9:00am - 10:30pm	Hatha Yoga 1	Molly	☼
9:00am - 10:30am	Vinyasa Flow 1-2	Hannah P.	☾
10:45am- 12:15pm	Hatha Yoga 1-2	Danielle	☾
5:45pm - 7:15pm	Anusara Yoga 2-3*	Sommer	☼
5:45pm - 7:15pm	Ashtanga Yoga 2	Carrington	☾
7:30pm - 9:00pm	Anusara Yoga 1*	Sommer	☼
7:30pm - 9:00pm	Vinyasa Flow 1-2	Dara	☾

**WEDNESDAY**

7:55am - 8:55am	T'ai Chi	Jay	☼
9:00am - 10:30am	Dynamic Flow 2	Mike	☾
9:00am - 10:30am	Hatha Yoga 1	Hannah B.	☼
10:45am- 12:15pm	Hand Balance Poses	Tracy	☾
10:45am- 12:15pm	Yin Yoga 1-3	Hannah B.	☼
5:45pm - 7:15pm	Hatha Yoga 1	Rebecca	☾
5:45pm - 7:15pm	Anusara Practice 2+*	Paul	☼
7:30pm - 9:00pm	Deep Stretch 1-3	Scott	☾
7:30pm - 9:00pm	Anusara Yoga 1-2*	Sommer	☼

**THURSDAY**

9:00am - 10:30am	Vinyasa Flow 1-2	Becca	☼
9:00am - 10:30am	Hatha Yoga 1	Danielle	☾
10:45am- 12:45pm	Anusara Practice 2+*	Sommer	☼
10:45am- 12:30pm	Yoga Over 50	Margaret	☾
4:15pm - 5:15pm	Kids Yoga (4-8 yrs)*	Jaime	☼
4:15pm - 5:15pm	Hatha Yoga 1	Danielle	☾
5:45pm - 7:15pm	Anusara Yoga 1*	Sommer/Paul	☼
5:45pm - 7:15pm	Ashtanga Yoga 2	Stacey	☾
7:30pm - 9:00pm	Vinyasa Flow 1	Beth	☼
7:30pm - 9:00pm	Power Yoga 2-3	Stacey	☾

**FRIDAY**

7:55am - 8:55am	T'ai Chi	Jay	☼
9:00am- 10:30am	Hatha Yoga 1-2	David	☾
10:45am- 12:15pm	Vinyasa Flow 1-2	Dara	☾
10:45am- 12:15pm	Deep Stretch 1-3	Deborah	☼
4:00pm - 5:30pm	Hatha Yoga 1-2	Danielle	☼
5:45pm - 7:15pm	Stretch & Restore 1-3	Scott/Hannah B.	☼

**SATURDAY**

9:00am - 10:30am	Anusara Yoga 1-2*	Sommer/Paul	☼
9:00am - 10:30am	Hatha Yoga 1	Molly	☾
10:45am- 12:15pm	Vinyasa Flow 1-2	Rebecca	☼
10:45am -12:30pm	Ashtanga Yoga 2-3	Dara.	☾
12:30am- 2:00pm	Intro to Hatha Yoga	Hannah B.	☼

**SUNDAY**

9:00am- 10:30am	Hatha Yoga 1	Jen	☼
9:00am - 10:45am	Ashtanga Yoga 2-3	Vera	☾
10:45am -12:15pm	Vinyasa Flow 1-2	Sabine	☼
11:00am- 12:30pm	Stretch & Restore 1-3	Jen	☾
4:00pm - 5:30pm	Intro to Ashtanga Yoga 1	Vera	☼
6:00pm - 7:30pm	Yin Yoga 1-3	Lisa	☾
6:00pm - 7:30pm	Community Class(1xmo)	teachers rotate	☼

☼ (sun) and ☾ (moon)

symbols refer to our heavenly yoga rooms.



# TRIANGLE YOGA



Fall Schedule ☺ Sept 10<sup>th</sup>-Dec 31st '07

930 Martin Luther King Jr Blvd, Chapel Hill, NC 27514

919-933-9642 [www.triangleyoga.com](http://www.triangleyoga.com)

**CLASS PASS CARDS** allow you to prepay for classes at a lower rate than the "drop-in" rate. **Each card is valid for three months** (90 days) unless specified as a 'Monthly Unlimited, after which it is void. Pass Cards are non-refundable and non-transferable to other students unless specified as a "Family Card".

- 5 Class Pass**.....\$70
  - 10 Class Pass**.....\$130
  - 15 Class Pass**.....\$180
  - The FAMILY CARD (15 classes)**.....\$185
  - 20 Class Pass**.....\$220
  - 1 MONTH UNLIMITED**(the **BIG** commitment).....\$180
  - 3 MONTH UNLIMITED**(the **BIGGER** commitment)\$450
- Pay \$150 a month for 3 months and it is a deal!

**NEWCOMER SPECIAL!** Buy a five-class pass (\$70) on your **FIRST VISIT** and get a **FREE 6<sup>th</sup>** class.

**\*SESSION CLASSES** run for a series of weeks and require full payment in advance. Session classes will accept drop-ins for \$15 (\$13 for children's classes) but Pass Cards are not accepted. No discounts and no refunds are available for Session Classes.

**\*SESSION CLASSES ARE:**

- Kids Yoga (4-8yrs)..... Thu 4:00pm.....9/13-12/13...13 classes \$143
  - Prenatal Yoga..... Mon 5:45pm.....9/10-12/10...14 classes \$183
  - Postnatal Yoga..... Mon 10:45am.....9/10-12/10...14 classes \$183
  - Aerial Yoga 1..... Mon 7:30pm.....9/10-10/22.....7 classes \$91
  - Aerial Yoga 2..... Mon 7:30pm.....11/5-12/17.....7 classes \$91
  - Anusara Yoga 1..... Tue 7:30pm.....9/18-12/11...13 classes \$169
  - Thu 5:45pm.....9/20-12/13...13 classes \$169
  - Anusara Yoga 1-2..... Wed 7:30pm.....9/19-12/12...13 classes \$169
  - Sat 9:00am.....9/22-12/15...13 classes \$169
  - Anusara Practice 2+..... Wed 5:45am.....9/19-12/12...13 classes \$169
  - \*Thu 10:45am.....9/20-12/13...13 classes \$169
  - Anusara Yoga 2-3..... Tue 5:45pm.....9/18-12/11...13 classes \$169
- \*Wednesday's 5:45pm & Thursday's 10:45am Anusara Practice 2+ are open to Passcard holders,

**WEEKEND SPECIALS** are posted on our web site and announced on studio clip boards where you can sign up. The fee is usually \$30 and pre-payment is required.

**FIND THE CLASS THAT'S RIGHT FOR YOU**

- Intro to Yoga:** Pre-Level 1; Basic foundations of the yoga poses.
- Level 1 (Beginning):** Continuing beginner.
- Level 1-2 (Intermediate):** Physically challenging introduction to more advanced poses.
- Level 2-3 (Advanced):** For experienced students looking to deepen their practice.