

☸ April 1 - June 22 2008 ☸



Spring Schedule ☸ April 1st-June 22nd '08
930 Martin Luther King Jr Blvd, Chapel Hill, NC 27514
919-933-9642 www.triangleyoga.com

MONDAY

9:00am - 10:30am	Vinyasa Yoga 1-2	Carrington	☸
9:00am - 10:30am	Hatha Yoga 1	Hannah	☾
10:45am -12:15pm	Hatha Yoga 1-2	David	☾
4:15pm - 5:30pm	Aerial Practice 2-3	Rebecca	☸
4:15pm - 5:15pm	Hatha Yoga 1	Hannah	☾
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 L.	☾

TUESDAY

9:00am - 10:30pm	Vinyasa Flow 1-2	Dara	☾
9:00am - 10:30am	Hatha Yoga 1	Gwynn	☸
10:45am- 12:15pm	Stretch & Restore 1-3	Hannah	☾
10:45am- 12:15pm	Principles of Alignment 1*	Mike D.	☸
5:45pm - 7:15pm	Vinyasa Flow 1-2	Dara	☾
5:45pm - 7:15pm	Anusara Yoga 2-3*	Sommer	☸
7:30pm - 9:00pm	Stretch & Restore 1-3	Danielle	☾
7:30pm - 9:00pm	Anusara Yoga 1*	Sommer	☸

WEDNESDAY

8:00am - 8:55am	Tai Chi	Jay	☸
9:00am - 10:30am	Flow with Alignment 2	Zach	☾
9:00am - 10:30am	Hatha Yoga 1-2	Margaret	☸
10:45am- 12:15pm	Flow with Alignment 1	Zach	☾
10:45am- 12:15pm	Intro to Yoga	Hannah	☸
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	Hannah	☾
10:45am- 12:15pm	Anusara Practice 2+*	Sommer	☸
10:45am- 12:15pm	Yoga Over 50	Margaret	☾
4:15pm - 5:15pm	Hatha Yoga 1	Hannah	☾
5:45pm - 7:15pm	Anusara Yoga 1*	Sommer/Paul	☸
5:45pm - 7:15pm	Vinyasa Flow 1-2	Jen	☾
7:30pm - 9:00pm	Hatha Yoga 1-2	Hannah	☸
7:30pm - 9:00pm	Tango Dance 1*	Kristin	☾

FRIDAY

8:00am - 8:55am	Tai Chi	Jay	☸
9:00am - 10:30am	Vinyasa Flow 1-2	Dara	☾
9:00am - 10:30am	Chakra Clearing 1-3	Danielle	☸
10:45am- 12:15pm	Hatha Yoga 1-2	David	☾
10:45am- 12:15pm	Deep Stretch 1-3	Deborah	☸
4:15pm - 5:30pm	Hatha Yoga 1-2	Danielle	☾
5:45pm - 7:15pm	Stretch & Restore 1-3	Scott/Hannah	☸

SATURDAY

9:00am - 10:30am	Anusara Yoga 1-2*	Sommer/Paul	☸
9:00am - 10:30am	Hatha Yoga 1	Sabine	☾
10:45am- 12:15pm	Vinyasa Flow 1-2	Rebecca	☸
10:45am -12:30pm	Ashtanga Yoga 2-3	Dara	☾

SUNDAY

9:00am- 10:30am	Hatha Yoga 1-2	Jen	☸
9:00am - 10:30am	Vinyasa Flow 2-3	Becca	☾
10:45am -12:15pm	Stretch & Restore 1-3	Jen	☸
10:45am- 12:15pm	Vinyasa Flow 1-2	Danielle	☾
4:00pm - 5:30pm	Intro to Ashtanga Yoga 1	Vera	☸
6:00pm - 7:30pm	Yin Yoga 1-3	Danielle	☸
6:00pm - 7:30pm	CommunityClass(1xmo)	Rotating	☸

☸ (sun) and ☾ (moon) symbols refer to our heavenly yoga rooms.

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".

NEWCOMER SPECIAL! Buy a 5 Class Pass (\$70) on your **FIRST VISIT** and get a **FREE 6th** class.

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!

***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:**

Prenatal Yoga.....	Mon 5:45pm.....	4/7-6/16...10 classes	\$130
Aerial Yoga 1.....	Mon 7:30pm.....	4/7-6/16...10 classes	\$130
Tango for Yogis 1.....	Thu 7:30pm.....	4/10-6/19...11 classes	\$143
Principles of Alignment 1....	Tue 10:45am.....	4/22-7/8...12 classes	\$156
Anusara Yoga 1.....	Tue 7:30pm.....	4/22-7/8...12 classes	\$156
	Thu 5:45pm.....	4/24-7/10...12 classes	\$156
Anusara Yoga 1-2.....	Wed 7:30pm.....	4/23-7/9...12 classes	\$156
	Sat 9:00am.....	4/26-7/12...12 classes	\$156
Anusara Practice 2+.....	*Wed 5:45pm....	4/23-7/9...12 classes	\$156
	*Thu 10:45am....	4/24-7/10...12 classes	\$156
Anusara Yoga 2-3.....	Tue 5:45pm.....	4/22-7/8...12 classes	\$156

*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.
Level 1-3: Mixed levels, everyone welcome.