

☸ JAN 1 - MARCH 31 2008 ☸



TRIANGLE YOGA



Winter Schedule ☸ Jan 1st-March 31st '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 -12:00pm	Postnatal Yoga*	Stacey	☼
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	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	Dara	☾
10:45am- 12:15pm	Stretch & Restore 1-3	Danielle	☼
10:45am- 12:15pm			☾
5:45pm - 7:15pm	Anusara Yoga 2-3*	Sommer	☼
5:45pm - 7:15pm	Vinyasa Flow 1-2	Dara	☾
7:30pm - 9:00pm	Anusara Yoga 1*	Sommer	☼
7:30pm - 9:00pm	Chakra Clearing 1-3	Danielle	☾

WEDNESDAY

8:00am - 8:55am	Tai Chi	Jay	☼
9:00am - 10:30am	Dynamic Flow 2	Mike	☾
9:00am - 10:30am	Hatha Yoga 1-2	Margaret	☼
10:45am- 12:15pm	Balance Poses 1-3	Tracy	☾
10:45am- 12:15pm	Yin Yoga 1-3	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	Danielle	☾
10:45am- 12:15pm	Anusara Practice 2+*	Sommer	☼
10:45am- 12:15pm	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	Vinyasa Flow 1-2	Stacey	☾
7:30pm - 9:00pm	Hoop Dance 1	Baxter	☼
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 Cleansing 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	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 Yoga	Hannah	☼

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	Sabine	☾
4:00pm - 5:30pm	Intro to Ashtanga Yoga 1	Vera	☼
6:00pm - 7:30pm	Yin Yoga 1-3	Lisa	☾
6:00pm - 7:30pm	CommunityClass(1xmo)	Rotating	☼

☼ (sun) and ☾ (moon) symbols refer to our heavenly voaa 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:**

Kids Yoga (4-8yrs).....	Thu 4:00pm.....	1/10-3/27...13 classes	\$143
Prenatal Yoga.....	Mon 5:45pm.....	1/7-3/31...13 classes	\$169
Postnatal Yoga.....	Mon 10:45am.....	1/14-3/31...12 classes	\$156
Aerial Yoga 1.....	Mon 7:30pm.....	1/21-2/25...6 classes	\$78
Aerial Yoga 2.....	Mon 7:30pm.....	3/3-3/31...5 classes	\$70
Hoop Dance 1.....	Thu 7:30pm.....	1/10-2/14...6 classes	\$78
Hoop Dance 2.....	Thu 7:30pm.....	2/21-3/27...6 classes	\$78
Tango Dance 1.....	Thu 7:30pm.....	1/10-2/14...6 classes	\$78
Tango Dance 2.....	Thu 7:30pm.....	2/21-3/27...6 classes	\$78
Anusara Yoga 1.....	Tue 7:30pm.....	1/15-4/8...13 classes	\$169
	Thu 5:45pm.....	1/17-4/10...13 classes	\$169
Anusara Yoga 1-2.....	Wed 7:30pm.....	1/16-4/9...13 classes	\$169
	Sat 9:00am.....	1/19-4/12...13 classes	\$169
Anusara Practice 2+.....	*Wed 5:45pm.....	1/16-4/9...13 classes	\$169
	*Thu 10:45am.....	1/17-4/10...13 classes	\$169
Anusara Yoga 2-3.....	Tue 5:45pm.....	1/15-4/10...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.
- Level 1-3:** Mixed levels, everyone welcome.