



Class Schedule

SEPTEMBER 7 - JANUARY 2, 2010

MONDAY

9:15 - 10:15am	Mat Pilates*	Adrin Eline
9:30 - 10:55am	Yoga/Level 1&2	Alysha Pfeiffer
4:15 - 5:15pm	Low Back Relief (Kundalini)	Prem Siri Kaur
4:30 - 5:55pm	Yoga/Level 2&3	Jessie Thompson
5:30 - 6:55pm	Kundalini Yoga*	Prem Siri Kaur
6:00 - 7:15pm	Yoga/Level 1	Sally Delisle
7:00 - 8:30pm	Yoga/Level 2	Florence Corcoran
7:15 - 8:15pm	Bellydance/L1*	Amala Gameela

TUESDAY

7:30 - 8:45am	Yoga/Level 2	Carrie Morgan
10:00 - 11:30am	Yoga/Level 1	Megan Ridge
11:00 - 12:15pm	Foundations (Kundalini)	Prem Siri Kaur
5:00 - 5:55pm	Slim Yoga*	Laurel Attanasio
5:30 - 6:25pm	Mat Pilates*	Paola Montes
5:45 - 7:00pm	Yoga/Level 1	Alysha Pfeiffer
6:00 - 7:25pm	Yoga/Level 2	Carrie Morgan
6:30 - 7:45pm	Tai Chi*	Hilary Smith
7:30 - 8:45pm	Yoga/Restorative/All Levels	Alysha Pfeiffer

WEDNESDAY

9:15 - 10:30am	Yoga/Gentle	Megan Ridge
9:30 - 10:55am	Yoga/Level 1&2	Alysha Pfeiffer
4:30 - 6:00pm	Yoga/Level 2&3	Jessie Thompson
5:30 - 6:55pm	Kundalini Yoga*	Prem Siri Kaur
6:00 - 7:15pm	Yoga/Level 1	Bret Talbert
7:00 - 8:30pm	Yoga/Mixed Level	Sandra Kessel
7:15 - 8:15pm	Bellydance L2*ap	Amala Gameela
8:15 - 9:45pm	Bellydance L3*ap	Amala Gameela

THURSDAY

7:30 - 8:45am	Yoga/Level 2	Carrie Morgan
10:00 - 11:30am	Yoga/Level 1	Megan Ridge
3:45 - 5:40pm	Practice Lab**	Jessie Thompson
5:00 - 5:55pm	Slim Yoga*	Laurel Attanasio
5:30 - 6:25pm	Mat Pilates*	Paola Montes
5:45 - 7:00pm	Yoga/Level 1	Deanna Nagle
6:00 - 7:25pm	Yoga/Level 2	Carrie Morgan
6:30 - 7:45pm	Tai Chi*	Hilary Smith
7:15 - 8:45pm	Chakra Yoga (Kundalini)	Prem Siri Kaur
7:30 - 8:45pm	Yoga/Gentle	Julie Westbrooks

FRIDAY

9:00 - 10:00am	Yoga/Mixed Level Flow	Laurel Attanasio
9:15 - 10:30am	Yoga/Gentle	Megan Ridge
5:30 - 6:45pm	Yoga Happy Hour/Mxd.	Brian Toseland
7:00 - 8:00pm	Intro to Yoga (free)+	Staff

SATURDAY

8:30 - 9:55am	Yoga/Level 2&3	Natalie Meck
9:00 - 10:25am	Yoga/Level 1&2	Katja Huiras
10:45 - 11:55am	Yoga/Level 1/Community	Sally Delisle

SUNDAY

9:00 - 10:25am	Yoga/Level 3	Brian Toseland
10:00 - 11:25am	Yoga/Level 2	Sandra Kessel
10:30 - 11:55am	Yoga/Level 1	Deanna Nagle
11:30 - 12:45pm	Yoga/Prenatal*	Robin Gualtieri

* pre-registration may be required, please call

ap teacher approval required.

+ a FREE intro to yoga class is offered the 1st Friday of every month.

** Practice Lab meets the 1st and 3rd Thursday of the month.

Seperate pricing applies.

Schedule is subject to change, please check the website.

Workshops & Events

FALL 2010

FREE INTRO TO YOGA / FIRST FRIDAYS

7:00 - 8:00pm

Sept 3, Oct 1, Nov 5, Dec 3, Jan 8

FREE INTRO TO KUNDALINI YOGA

Fridays, 5:45 - 6:45pm

November 5, January 7

FREE INTRO TO TAI CHI

Tues or Thurs, 7:45 - 8:45pm

November 2 & 4

December 28 & 30

FREE INTRO TO BELLYDANCE

Wednesday, Sept 8, 7:15pm

Sunday, November 7, 6:30pm

MORNING SADHANA

FREE Kundalini Yoga & Meditation

with Prem Siri Kaur

Saturdays, 5:00am (Japji Chant @ 4:30am)

September 25 & December 18

RESTORATIVE YOGA WORKSHOP

with Alysha Pfeiffer

Sunday, October 10

FRIDAY NIGHT DELIGHT: FINDING YOUR VOICE

with Ria Swift

Friday, October 22

200-HOUR IN-DEPTH YOGA STUDY AND TEACHER TRAINING PROGRAM

Begins October 23, 2010

KUNDALINI YOGA MASTER CLASS: AUTUMN CLEANSE

with Prem Siri Kaur

Sunday, November 7

YOGA OF SOUND WORKSHOP & KIRTAN

with visiting teacher Suzanne Sterling

November 13 - 14

CLASS PRICES

community class	\$7
drop-in	\$15
yoga 5 class card (120 days)	\$65
yoga 10 class card (120 days)	\$115
yoga 15 class card (120 days)	\$200
yoga monthly auto renew	\$89
yoga monthly unlimited	\$99
8-week series *	\$99

*8-week series prices only apply to certain types of classes, other series pricing may apply in some cases, please inquire for more info.



The Yoga Loft

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