



Class Schedule

JANUARY 2 - MAY 27, 2012

MONDAY

9:15 - 10:30am	Yoga Core Flow/Level 2	Laurel Attanasio
9:30 - 10:55am	Yoga/Level 1&2	Alysha Pfeiffer
4:30 - 5:55pm	Yoga/Level 2&3	Florence Corcoran
5:30 - 6:55pm	Yoga/Level 2	Dana Ferretti
6:00 - 7:10pm	Yoga/Level 1	Sally Delisle
7:00 - 8:25pm	Kundalini Yoga*	Prem Siri Kaur
7:15 - 8:15pm	Bellydance/Beginner*	Amala Gameela

TUESDAY

7:30 - 8:50am	YogaFlow/Level 2	Carrie Morgan
9:30 - 10:55am	Yoga/Level 2&3	Deanna Nagle
9:45 - 11:00am	Yoga/Level 1	Megan Ridge
5:30 - 6:25pm	Mat Pilates*	Paola Montes
5:45 - 7:00pm	Yoga/Level 1	Alysha Pfeiffer
6:00 - 7:25pm	Yoga Flow/Level 2	Carrie Morgan
6:30 - 7:45pm	Tai Chi*	Hilary Smith
7:30 - 8:45pm	Indian Dance*	Prem Siri Kaur
7:30 - 8:45pm	Yoga/Candlelit Restorative	Alysha Pfeiffer

WEDNESDAY

8:15 - 9:25am	Yoga Flow/Level 2&3	Carrie Morgan
9:15 - 10:30am	Yoga/Gentle	Megan Ridge
9:30 - 10:55am	Yoga/Level 1&2	Alysha Pfeiffer
11:00 - 12:15pm	Tai Chi*	Hilary Smith
4:30 - 5:55pm	Yoga/All Levels/Community	Sandra Kessel
5:30 - 6:55pm	Yoga Core Flow/Level 2&3	Laurel Attanasio
6:00 - 7:10pm	Yoga/Level 1	Sally Delisle
7:00 - 8:25pm	Kundalini Yoga*	Prem Siri Kaur
7:15 - 8:15pm	Bellydance/Intermediate*ap	Amala Gameela

THURSDAY

7:30 - 8:50am	Yoga Flow/Level 2	Carrie Morgan
9:45 - 11:00am	Yoga/Level 1	Megan Ridge
5:30 - 6:25pm	Mat Pilates*	Paola Montes
5:45 - 7:00pm	Yoga/Level 1&2	Deanna Nagle
6:00 - 7:25pm	Yoga Flow/Level 2&3	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/Stretch & Restore	Deanna Nagle

FRIDAY

9:15 - 10:30am	Yoga/Gentle	Megan Ridge
9:30 - 10:45am	Yoga Core Flow/Level 1&2	Laurel Attanasio
12:00 - 2:00pm	Yoga/Advanced Practice	Jessie Thompson
4:30 - 5:55pm	Yoga/All Levels	Brian Toseland
5:45 - 7:00pm	Yoga/Bollywood Vinyasa Level 2	Prem Siri Kaur
6:30 - 7:30pm	Intro to Yoga (free)+	Staff
7:00 - 8:30pm	Y12SR***	Josh Kehler

SATURDAY

8:30 - 9:55am	Yoga/Level 2&3	Josh Kehler
9:00 - 10:15am	Yoga for Boomers	Ann Jacob
10:00 - 11:25am	Yoga/Level 2	Katja Huiras
10:30 - 11:40am	Yoga/Level 1/Community	Staff Rotation

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	Prenatal Yoga*	Robin Gualtieri
4:00 - 6:00pm	Relax/Renew** (Restorative Yoga)	Alysha Pfeiffer
4:30 - 6:00pm	Meditation**	Prem Siri Kaur

Workshops & Events

WINTER & SPRING 2012

CALENDAR OF FREE CLASSES

FREE INTRO TO YOGA / FIRST FRIDAYS

6:30 - 7:30pm

Jan 6, Feb 3, Mar 2, Apr 6, May 4, June 1

FREE INTRO TO KUNDALINI YOGA

Friday, 7:30 - 8:30pm

January 27, March 23

FREE INTRO TO BELLYDANCE

6:30 - 7:30pm

Sunday, January 15

FREE INTRO TO TAI CHI

Wednesdays, 10:00am

Feb 22, Apr 25

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

Feb 21 & 23, Apr 24 & 26

FREE INTRO TO PILATES

5:30 - 6:25pm

Thursday, January 5

TRAINING PROGRAMS

200-HOUR IN-DEPTH YOGA STUDY

and Teacher Training Program

New sessions begin in June and Oct, 2012

300-HOUR ADVANCED YOGA STUDY

and Teacher Training Program

Ongoing, please inquire

For a full schedule of other workshops and events please go to www.TheYogaLoftOfBethlehem.com

CLASS PRICES

community class	\$7
drop-in	\$15
2-hour class	\$20
yoga 5 class card (120 days)	\$65
yoga 10 class card (120 days)	\$115
yoga 20 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.

CLASS NOTES

- * 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.
- ++ offered on the last Sunday of every month, pre-registration required.
- ** offered the second Sunday of every month, pre-registration required.
- *** Yoga of 12 Step Recovery meets on the 3rd Friday of the month, pre-registration required, cost: by donation.

Schedule is subject to change, please check the website.



The Yoga Loft

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www.TheYogaLoftOfBethlehem.com