



# Class Schedule

## MAY 31 - SEPTEMBER 5, 2010

### MONDAY

9:30 - 10:55am	Yoga/Level 1&2	Alysha Pfeiffer
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	Jessie Thompson
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	Foundation Series*(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 - 10:30pm	Yoga/Gentle	Megan Ridge
9:30 - 10:55am	Yoga/Level 1&2	Alysha Pfeiffer
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	Jessie Thompson
7:00 - 8:30pm	Yoga/Level 2	Sandra Kessel
7:15 - 8:15pm	Bellydance L2*ap	Amala Gameela
8:15 - 9:15pm	Bellydance L3*ap	Amala Gameela

### THURSDAY

7:30 - 8:45am	Yoga/Level 2	Carrie Morgan
10:00 - 11:30am	Yoga/Level 1	Megan Ridge
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

9:15 - 10:30am	Yoga/Gentle	Megan Ridge
9:30 - 11:00am	Yoga/Level 2&3	Laurel Attanasio
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	Alysha Pfeiffer
10:45 - 11:55am	Yoga/Level 1	Sally Delisle

### SUNDAY

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. Schedule is subject to change, please check the website.

# Workshops & Events

## SUMMER 2010

### FREE INTRO TO YOGA / FIRST FRIDAYS

7:00 - 8:00pm  
June 4, July 2, August 6

### YOGA INTRO WEEKEND WORKSHOPS

Sat & Sun, 2:00 - 4:00pm, \$40  
June 5-6, July 9-10, August 7-8

### FREE INTRO TO KUNDALINI YOGA

Fridays, 5:45 - 6:45pm  
July 9, September 3

### FREE KUNDALINI YOGA & MEDITATION

Morning Sadhana with Prem Siri Kaur  
Saturday, June 19th  
5:00am (Japji @ 4:30am)

### MEDITATION: SUMMER SUNDAYS

with Prem Siri Kaur  
June 19, July 18, August 15, 9:00 - 10:00am

### FREE INTRO TO TAI CHI

Tues or Thurs, 7:45 - 8:45pm  
June 29, July 1, Aug 26 & 31

### FREE INTRO TO BELLYDANCE

7:00 - 8:00pm  
Tuesday, June 29th

### 300-HOUR ADVANCED IN-DEPTH YOGA STUDY AND TEACHER TRAINING PROGRAM

Begins July 30, 2010  
(next session of Level 1 training program begins Oct 2010)

### RESTORATIVE YOGA WORKSHOP

with Alysha Pfeiffer  
Sunday, June 27

### DETOX YOGA WORKSHOP

with Laurel Attanasio  
Saturday, July 24th

### CLASS PRICES

community class	\$7
drop-in	\$14
yoga 5 class card (120 days)	\$60
yoga 10 class card (120 days)	\$110
yoga 5 class card (120 days)	\$200
yoga monthly auto renew	\$89
yoga monthly unlimited	\$99
8-week series *	\$95

\*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

521 East 4th St., 3rd floor  
Bethlehem, PA 18015  
610.867.YOGA (9642)

[www.TheYogaLoftOfBethlehem.com](http://www.TheYogaLoftOfBethlehem.com)