

PURNA YOGA EAST STUDIO SCHEDULE

January - April 2019

NEW STUDENT SPECIAL AND *JUST FOR BEGINNERS SERIES*

Unlimited YOGA

\$55 for 30 days



MON	TUE	WED	THU	FRI	SAT	SUN
<p>9:15-10:45 am Level 2 Catharine/Cindy</p> <p>10:00-11:15 am Level 1* Emily</p> <p>6:00-7:00 pm Just for Beginners* Emily</p> <p>6:00-7:00 pm Level 1* Catharine</p> <p>7:15-8:45 pm Level 2 Catharine</p>	<p>7:00-7:45 am Slow Flow Stretch and Go Cathy</p> <p>10:00-11:30 am All Levels Heartfull Expression Leslie</p> <p>6:15-7:15 pm Just for Beginners* Teresa</p> <p>6:30-8:00 pm Level 1-2 Emily</p>	<p>10:00-11:15 am Level 1* Gayle</p> <p>10:00-11:00 am Just for Beginners* Lara</p> <p>5:15-6:00 pm Heartfull™ Meditation Catharine</p> <p>6:15-7:30 pm Empower Hour All Levels Rebecca</p> <p>6:30-7:30 pm Level 1-2 April</p>	<p>7:00-7:45 am Slow Flow Stretch and Go Cathy</p> <p>9:15-10:45 am Level 1-2 Cindy</p> <p>10:00-11:15 am Gentle Yoga All Levels* Leslie</p> <p>6:15-7:15 pm Level 1-2 Megan</p> <p>7:30-8:30 pm Spinal Rejuvenation Wall Class Catharine</p>	<p>10:00-11:30 am Level 1-2 Emily</p> <p>6:00-7:15 pm TGYF All Levels Gayle</p>	<p>9:00-10:30 am Level 2 Bob</p> <p>9:30-10:30 am Satur"YAY" All Levels Megan</p> <p>MORE Kids' Yoga Series 10:45-11:45 am Jan 19 Feb 2 March 3,16,30 Rebecca Teresa</p> <p>Kids' Yoga Day Camp 1:00-4:00 pm February 16 Rebecca</p>	<p>9:30-10:45 am Yoga and Meditation All Levels Cheryl</p> <p>7:00-8:15 pm Soothing Sundays All Levels Gayle</p>

BEST DEAL for yoga classes, Heartfull™ Meditation

and studio discounts is a Membership: pick your level

Silver ~ 6 classes monthly auto-renew \$75

Gold ~ Unlimited classes monthly auto-renew \$89

Class passes: good for 90 days

5-class pass \$75

10-class pass \$140

drop-in \$17



New offerings

Massage Therapy services

30 minutes \$45

60 minutes \$75

90 minutes \$100

120 minutes \$125

*GOOD PLACE FOR BEGINNERS

More Kids' Yoga Info on back!

WWW.PURNAयोगEAST.COM
107 EAST FIRST STREET, CLAYTON, NC 27520
919-270-4892

WELCOME TO PURNA YOGA EAST

We're celebrating turning 10 in 2019
and have lots of great events planned throughout the year!

New! Membership Benefits*

Enjoy yoga, yoga wall and Heartfull™ Meditation classes
10% Discount on retail purchases
10% Discount on in-house specialty workshops taught by PYE staff

Gold Level \$89/month Unlimited yoga and meditation classes!

Silver Level \$75/month Enjoy 6 yoga and/or meditation classes per month and only \$12.50/class after attending your 6. Classes do not carry forward to the next month.

* Each Membership level requires a minimum 3-month commitment and your membership continues to renew until you give written notice to cancel or pay with a class pass instead.

New Class offerings:

Spinal Rejuvenation Series on Thursdays from 7:30-8:30 pm starting January 10 w/Catharine & Bob

It is said that you are only as young as your spine is flexible. During each class on the Yoga Wall you will create traction in the spine, flex and extend your spine and twist your spine, bringing vitality into your entire being! If you are able to invert or hang upside down this is a weekly *must attend* class. If you're not sure this class is for you but are interested in attending give Catharine a call at 919-270-4892.

All Levels Heartfull Expression on Tuesdays from 10-11:30 am w/Leslie

Explore your creative side in this class, which will offer asana for all levels with a twist: writing! You'll be guided through the Heartfull™ Meditation techniques and poses of a typical Purna Yoga class, with a few minutes set aside for writing to a prompt* related to the theme for the class. Writing is a great way to deepen your practice of svadhyaya, or self-study, and this class can supplement a journaling practice or help you begin one. No writing experience is necessary. Bring a notebook and pen (paper and pens will also be available.) *Writing is optional; if you choose not to write, you'll be guided through a pose.

Purna Yoga College 200 Hour Yoga Teacher Training begins January 18, 2019. There is still time to enroll. Visit our website for more information and an application.

Massage Therapy

Appointments are available 7 days a week. Request an appointment online or give us a call. For weekend appointments with Emily call or text 919-906-5512.

New to YOGA?

Start with our *Just for Beginners* series. Have you ever wanted to try yoga but didn't know where to start or felt uncomfortable joining a group who had been practicing together for a while? Then start fresh with us for 30 days of yoga *Just for Beginners*. We will go over the ins and outs of starting a safe, fun and enjoyable yoga practice in a small class setting. Learn simple yet effective yoga routines to stretch your body, strengthen your muscles and help calm your nerves. You will immediately notice that you feel taller, sleep more peacefully and move better throughout your day! Just \$55 for 30 days.

Write from Your Heart : A Special New Year Workshop w/ Leslie

January 13, 2:00-5:00pm Cost \$60 (*Members pay only \$54*)
As we transition into 2019, take time to reflect and renew with the Purna Yoga tools of gentle asana and Heartfull™ Meditation. You'll be guided through fun writing prompts to honor the past and welcome the future. You'll learn how to make positive changes in your perspective ~ and in your life. Dress comfortably for yoga poses and meditation. All props will be provided, but bring your favorite notebook and pen(s) with blue ink.

Kids' Yoga Series Classes this winter are held on selected Saturday mornings from 10:45-11:45 am. Drop your child off, stroll downtown or head to the Farmers Market for an hour. Your child will enjoy an active yoga class designed just for the needs of a growing young person in today's busy world. The Kids' Yoga classes offer practical and easy meditation techniques to help your child focus better while calming and relaxing the mind; yoga postures to improve body awareness, balance, coordination, strength and flexibility; and time to hang out on the favorite GREAT YOGA WALL. Dates: Jan 19; Feb 2; Mar 3, 16 and 30. For grades 1-5

Kids' Yoga Day Camp February 16, 1:00-4:00 pm

Enjoy a taste of the summer camp fun. Participants will enjoy a healthy snack, time to hang out on the yoga wall and move through yoga poses, learn breathing techniques and practice the meditation snacks. It's a fun-filled afternoon! \$45 for grades 1-5

Aadil Palkhivala, International Yoga Master, returns to Purna Yoga East April 11-14 for a weekend workshop that's sure to take your practice and understanding of true yoga to a new level. Visit our website for more details and to enroll.

Thanks for stopping by. Our studio opens 15 minutes before classes begin. If you're running late to class, either knock quietly on the window if your class is meeting downstairs, or ring the door bell by the side patio if the class is upstairs. Wait just a minute and someone will let you in. Park along the side street and only after hours in the United Community Bank lot.

Be sure to sign into classes with the MindBody scheduler so we'll know you're coming. Your pass will only be charged if you actually attend the class. And more importantly, if we have to cancel a class due to inclement weather or another unexpected situation we will give you a call and send an email to let you know.

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