



Purna Yoga East Studio Schedule September - December 2019

New Student Special and **Just for Beginners Series**

Unlimited YOGA \$55 for 30 days!

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	7:00-7:45 am Stretch and Go Cathy		7:00-7:45 am Stretch and Go Cathy		9:00-10:30 am Level 2 Bob	9:30-10:45 am Yoga and Meditation All Levels Cheryl
9:15-10:45 am Level 2 Catharine/Cindy			9:15-10:45 am Level 1-2 Cindy		9:30-10:30 am Satur"YAY" All Levels Maria	
10:00-11:15 am Level 1* Emily	10:00-11:30 am All Levels Heartfull Expression Leslie	10:00-11:15 am Level 1* Gayle	10:00-11:15 am Gentle Yoga All Levels* Leslie	10:00-11:30 am Level 1-2 Emily		
		11:45 am-12:30 pm mid-day mid-week Stretch and Go Lara			10:45-11:45 am KIDS' YOGA 1st-5th grades \$15 Rebecca/Teresa	2:00-4:00pm As we gain WISDOM Special Workshop for WOMEN \$35 Oct 6 Cheryl
6:00-7:00 pm Level 1* Emily/Gayle						
6:15-7:30 pm Starting Oct 7 All Levels Heartfull Expression Leslie	6:15-7:15 pm Just for Beginners* Teresa	6:15-7:30 pm Empower Hour All Levels Rebecca	6:15-7:15 pm Level 1-2 Megan	6:00-7:15 pm TGYF All Levels Gayle	Sept 28 Oct 12 Oct 26 Nov 2 Nov 16	
7:15-8:45 pm Level 2 Catharine	6:30-8:00 pm Level 1-2 Emily	6:30-7:30 pm Level 1-2 April				7:00-8:15 pm Soothing Sundays All Levels Cheryl

BEST DEAL for yoga classes 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

*GOOD PLACE FOR BEGINNERS

Enroll your children now for our popular

Kids' Classes \$15 drop-in

Massage Therapy services

30 minutes \$45

60 minutes \$75

90 minutes \$100

120 minutes \$125

PurnaYogaEast.com

107 East First Street, Clayton, NC 27520

919-270-4892

Welcome to Purna Yoga East

est. 2009

Membership Benefits*

Enjoy all ongoing classes!

10% Discount on retail purchases

10% Discount on in-house specialty workshops taught by PYE staff

Gold Level \$89/month Unlimited ongoing scheduled classes!

Silver Level \$75/month Enjoy 6 classes per month and only \$12.50/class after attending your 6th. 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.

Kids' Yoga Fall Classes w/ Rebecca and Teresa

For 1st - 5th graders Your kids will hang out on our great yoga wall, do fun and challenging yoga poses, practice mindful focusing meditations and develop positive ways to meet the challenges of today's fast paced world.

\$15 drop-in class

10:45-11:45 am

Sept 28

Oct 12

Oct 26

Nov 2

Nov 16

Massage Therapy

Appointments are available 7 days a week.

30 mins \$45

45 mins \$60

60 mins \$75

75 mins \$90

90 mins \$100

120 mins \$125

Request an appointment online or give us a call. For weekend appointments with Emily call or text 919-906-5512.

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 Wellness Living 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.

New to YOGA?

Start with our Just for Beginners series and Level 1 classes. 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.

As we gain WISDOM a workshop for WOMEN w/Cheryl

October 6, 2-4 pm

Each stage of a woman's life brings about changes in the body and mind.

During this focused workshop we will concentrate on perimenopause and menopause and find ways to help us live in this stage with tools to keep us confident in our health.

The workshop includes: Philosophy discussion, Heartfull Meditation, restoratives and supportive asana postures.

All Levels Heartfull Expression NEW Monday EVENING class

Tuesdays from 10-11:30 am and starting October 7, 6:15-7:30 pm w/ Write From Your Heart, Leslie Waugh

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.



Save the date December 5

6:00-7:30 pm

Holiday Market

Downtown Tree Lighting Festival

www.PurnaYogaEast.com

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