



PURNA YOGA STUDIO SCHEDULE

January - April 2018

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 Slow Flow Stretch and Go Cathy		7:00-7:45 am Slow Flow Stretch and Go Cathy		9:00-10:30 am Level 2 Bob	
9:15-10:45 am Level 3 Catharine	9:15-10:45 am Level 1-2 Leslie		9:15-10:45 am Level 1-2 Cindy		9:30-10:30 am Satur"YAY" Yoga All Levels Maria	
10:00-11:15 am Level 1 Emily	10:00-11:00 am Just for Beginners Emily	10:00-11:15 am Level 1 Gayle	10:00-11:15 am Gentle Yoga Leslie	10:00-11:30 am Level 1-2 Emily		10:00-11:15 am Yoga and Meditation All Levels Cheryl
		12:30-1:15 pm Lunch Stretch Lara		12:30-1:15 pm Lunch Stretch Lara		
6:00-7:00 pm Just for Beginners Emily		6:15-7:30 pm Empower Hour All Levels Rebecca	6:00-7:00 pm Level 1-2 Maria			
6:00-7:00 pm Level 1 Catharine	6:30-8:00 pm Level 1-2 Emily		6:30-7:30 pm Just for Beginners April	6:00-7:15 pm TGYP Gayle		7:00-8:15 pm Soothing Sundays All Levels Gayle
7:15-8:45 pm Level 2 Catharine	6:45-7:45 pm Just for Beginners Teresa	6:45-7:45 pm Level 1-2 April				

NEW

Heartfull™ Meditation Classes

Mon 1:00-1:45 pm
Wed 5:15-6:00 pm

BEST DEAL for ongoing yoga classes
unlimited monthly auto-renew pass only \$69
drop-in \$15
5-class pass \$70
10-class pass \$130

Heartfull™ Meditation pass
drop-in \$15
5-pass \$60
10-pass \$110

Massage Therapy services
30 minutes \$40
60 minutes \$70
90 minutes \$90

WWW.PURNAयोगEAST.COM

107 EAST FIRST STREET, CLAYTON, NC 27520

919-270-4892

WELCOME TO PURNA YOGA EAST

Upcoming events

Meditate-A-thon Wednesday, February 21st from 5:15-8:15 pm (no charge to participate)

We will meditate for peace and to support the Alive and Shine Foundation.

The Alive & Shine Foundation offers Light Energy Meditation workshops to empower the underprivileged in our world with self-confidence, happiness and clarity. These simple 'meditation snacks' provide energy and focus, build a feeling of safety in the world, and empower each individual to regain respect for the gift of life.

Bob and Catharine will personally match, dollar for dollar up to \$1,000, all monies donated. So the money you raise and or donate will be worth double! \$5 = \$10!!!

The foundation is a non-profit and donations are tax deductible in the US. Please consult your tax advisor. Find out more at AliveandShineFoundation.org.

Spring Equinox Surya Namaskar Tuesday, March 20th 5:30-7:30 pm (no charge to participate)

This year on the equinoxes and solstices we will have an open practice for you to come in and move through the Classical Surya Namaskar. If you choose to do 27 rounds at each of the 4 events you will have completed 108 for the year! We'll offer time for you to practice 3, 9, 18 or 27 or any other number with us- it's up to you and a healthy fun way to celebrate the first day of spring. Mark your calendars for June 21st, September 22nd and December 21st for the future events.

New yoga offering:

Lunch Stretch 12:30-1:15 pm Enjoy a 45-minute mid-day healthy, stress-free stretch break. Leave feeling relaxed, refreshed and focused for the rest of your day.

Kids' Summer Yoga Camps 2018! (visit the web for more information and to enroll!)

Attitude of Gratitude June 18th-June 22nd for rising 3rd-6th graders

Be Your Own Superhero June 25th-June 29th for rising 3rd-6th graders

Girls' Empowerment Camp July 9th-13th for rising 7th -9th girls

In 2017 these camps were highly popular and sold out so enroll early!

Massage Therapy appointments are available 7-days a week. Request an appointment online or give us a call. For weekend appointments with Emily call 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.

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 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 letting you know.

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