



PURNA YOGA STUDIO SCHEDULE

May-August 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		10:00-11:15 am Level 1* Gayle	10:00-11:15 am Gentle Yoga All Levels* 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 All Levels Lara		12:30-1:15 pm Lunch Stretch All Levels Lara		
6:00-7:00 pm Level 1* Catharine	6:30-8:00 pm Level 1-2 Emily	6:15-7:30 pm Empower Hour All Levels Rebecca	6:15-7:15 pm Level 1-2 Maria	6:00-7:15 pm TGYF All Levels Gayle		
7:15-8:45 pm Level 2 Catharine	6:15-7:15 pm Just for Beginners Teressa	6:45-7:45 pm Level 1-2 April				7:00-8:15 pm Soothing Sundays All Levels Gayle

NEW

Heartfull™ Meditation Classes

Mon 1:00-1:45 pm

Wed 5:15-6:00 pm

BEST DEAL for scheduled 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

*GOOD PLACE FOR BEGINNERS

WELCOME TO PURNA YOGA EAST

Upcoming events

Summer Solstice Surya Namaskar Thursday, June 21st 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, 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 September 22nd and December 21st for the future events.

Kids' Summer Yoga Camps 2018! (visit the web for more information and to enroll!)
Camp meets Monday - Friday from 1:00 -4:00 PM

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

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

Attitude of Gratitude July 16th-June 20th for rising 3rd-6th graders

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

Ninth Year Anniversary Celebration at Purna Yoga East Sunday, July 8th

We can't believe it's been nine years since we moved from The Clayton Center into our permanent home at 107 East First Street. Join us for a community potluck and fun on July 8th from 6:00-8:00 pm to celebrate. Bring your favorite dish to share. Purna Yoga East will supply plates and utensils for the event.

Special 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.

*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 to let you know.

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