

PURNA YOGA EAST STUDIO SCHEDULE



September-December 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 <i>Cathy</i>		7:00-7:45 am Slow Flow Stretch and Go <i>Cathy</i>		9:00-10:30 am Satur'YAY' All Levels <i>Bob/Gayle</i>	
9:15-10:45 am Level 3 <i>Catharine/Cindy</i>	9:15-10:45 am Level 1-2 <i>Cindy</i>	10:00-11:15 am Level 1* <i>Gayle</i>	9:15-10:45 am Level 1-2 <i>Cindy</i>	10:00-11:30 am Level 1-2 <i>Emily</i>		10:00-11:15 am Yoga and Meditation All Levels <i>Cheryl</i>
10:00-11:15 am Level 1* <i>Emily</i>		12:00-12:45 pm Lunch Stretch All Levels <i>Lara</i>	10:00-11:15 am Gentle Yoga All Levels* <i>Emily</i>	12:00-12:45 pm Lunch Stretch All Levels <i>Lara</i>	NEW! Kids' Yoga Series 10:45-11:45 am Sept 8 & 22 Oct 13 Nov 10 Dec 1 <i>Rebecca Teresa</i>	
6:00-7:00 pm Just for Beginners* <i>Emily</i>		2:00-3:00 pm Just for Beginners* <i>April</i>				
6:00-7:00 pm Level 1* <i>Catharine</i>	6:15-7:15 pm Just for Beginners* <i>Teresa</i>	5:15-6:00 pm Meditation** <i>Catharine</i>	6:15-7:15 pm Level 1-2 <i>Maria</i>	6:00-7:15 pm TGYF All Levels <i>Gayle</i>		
7:15-8:45 pm Level 2 <i>Catharine</i>	6:30-8:00 pm Level 1-2 <i>Emily</i>	6:15-7:30 pm Empower Hour All Levels <i>Rebecca</i>			Kids' Yoga Day Camp 1:00-4:00 pm October 27 <i>Rebecca Teresa</i>	7:00-8:15 pm Soothing Sundays All Levels <i>Gayle</i>
		6:30-7:30 pm Level 1-2 <i>April</i>				

BEST DEAL for scheduled yoga classes

unlimited monthly auto-renew pass only \$69

drop-in \$15

5-class pass \$70

10-class pass \$130

*GOOD PLACE FOR BEGINNERS

More Kids' Yoga Info on back!

Massage Therapy services

30 minutes \$40

60 minutes \$70

90 minutes \$90



*Heartfull™ Meditation
Class*
Wednesdays
5:15-6:00 pm

Heartfull™ Meditation pass**

drop-in \$15

5-pass \$60

10-pass \$110

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

WELCOME TO PURNA YOGA EAST

Upcoming events:

NEW Kids' Yoga Series Classes 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: Sept 8 and 22, Oct 13, Nov 10 and Dec 1

Kids' Day Camp October 27 from 1:00-4:00 pm. Join our professional Kids' Yoga instructor, Rebecca Sprowl, for a sample day of our popular summer camp program. Your child will spend the afternoon learning ways to safely and respectfully care for the body with the yoga postures, how to focus and calm the mind so that choices are made from a wise place within and not just the first thing that pops up, and about making healthy food choices as an informed consumer while enjoying a nutritious snack. Kids love flying on the GREAT YOGA WALL, playing yoga games, doing yoga craft projects and having fun with one another in the Kids' Camps.

Costs for Kids' Programming:

Best Deal - enroll in all 5 individual Kids' Yoga Classes and the Kids' Yoga Day Camp on Oct 27th for just \$95 (\$12 /class and only \$35 for camp)

Enroll in all 5 Kids' Yoga Classes and save at \$60 (\$12/class)

Enroll in the Kids' Day Camp \$45

Purchase individual drop-in Kids' Yoga Classes for \$15

Bring a friend: your child and friend receive \$10 off each, use promo code: FRIENDS, must sign up on the same day for camp or the best deal camp and classes packages. Not applicable for drop-in classes.

Fall equinox Sun Salutations Saturday, September 22

8:00 am-10:00 am. No charge for this event.

Winter Solstice Sun Salutations Friday, December 21

5:30 pm-7:30 pm. No charge for this event.

We open the studio for you on these days to move through the Classical Surya Namaskar marking the season.

Eye Care workshop with Catharine this fall TBA

Write from Your Heart workshop with Leslie TBA

HOLIDAY MARKET December 1st, 10:30-1:00 pm. Stop by the studio for our annual beloved holiday market, pick up seasonal gifts and crafts from our local vendors, visit with other students, enjoy light refreshments and enter to win door prizes from our vendors. If you'd like to vend, there is no charge, just a donation for a door prize and complete an application. See our web site for an application and drop it off at the studio or email it to Gayle@PurnaYogaEast.com

New TIME for your Lunch Stretch 12:00-12:45 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 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 bank hours in their 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 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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