



WINTER PURNA YOGA 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 <i>Cathy</i>		7:00-7:45 am Slow Flow Stretch and Go <i>Cathy</i>		9:00-10:30 am Level 2 <i>Bob</i>	
9:15-10:45 am Level 3 <i>Catharine</i>	9:15-10:45 am Level 1-2 <i>Cindy</i>		9:15-10:45 am Level 1-2 <i>Cindy</i>		9:30-10:30 am Satur"YAY" Yoga All Levels <i>Maria</i>	
10:00-11:15 am Level 1 <i>Emily</i>	10:00-11:00 am Just for Beginners <i>Emily</i>	10:00-11:15 am Level 1 <i>Gayle</i>	10:00-11:15 am Gentle Yoga <i>Emily</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>
		12:30-1:15 pm Lunch Stretch <i>Lara</i>		12:30-1:15 pm Lunch Stretch <i>Lara</i>		
6:00-7:00 pm Just for Beginners <i>Emily</i>		6:15-7:30 pm Empower Hour All Levels <i>Rebecca</i>	6:00-7:00 pm Level 1-2 <i>Maria</i>			
6:00-7:00 pm Level 1 <i>Catharine</i>	6:30-8:00 pm Level 1-2 <i>Emily</i>		6:30-7:30 pm Just for Beginners <i>April</i>	6:00-7:15 pm TGYF <i>Gayle</i>		7:00-8:15 pm Soothing Sundays All Levels <i>Gayle</i>
7:15-8:45 pm Level 2 <i>Catharine</i>	6:45-7:45 pm Just for Beginners <i>Teressa</i>	6:45-7:45 pm Level 1-2 <i>April</i>				

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 \$55
10-pass \$120

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:

200 Hour Purna Yoga College Teacher Training begins January 5, 2018.

Deepen your practice, share the gift.

Kids' Yoga Day Camp for 1st -5th graders

February 3rd from 1:00-4:00 pm

Master Yoga Instructor, Aadil Palkhivala, leads a 4-day immersion February, 15-18.

Topics include:

Healing the eyes

Opening the hips and legs for sitting and meditation

Purna Yoga Nidra- sleep yoga!

Freeing the heart with standing poses

Avoid aging with the grace of twists and backbends

Pranayama prep and practice

Forward bending soothing the nerves and heart

Enroll now as space is limited.

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.

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 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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