

Registration Form

March 1 - April 24, 2010

Payments before March 8 – \$96, after pay \$101

Monday

9:00 AM – 10:30 AM	Level I/II*	\$48	_____
5:30 PM – 6:45 PM	Level II	\$96	_____
7:00 PM – 8:15 PM	Level II	\$96	_____

* 4 week session 3/29 - 4/19

Tuesday

9:00 AM – 10:15 AM	Level I	\$96	_____
5:00 PM – 6:15 PM	Level I	\$96	_____
5:30 PM – 6:30 PM	Yin Yoga*	\$84	_____
6:45 PM – 7:45 PM	Pilates – All Levels	\$96	_____

* 7 week session - no class 3/16

Wednesday

9:30 AM – 10:45 AM	Gentle Yoga	\$96	_____
4:00 PM – 5:15 PM	Ashtanga-spiced Yoga	\$96	_____
5:45 PM – 7:00 PM	Prenatal Yoga	\$96	_____
5:45 PM – 7:00 PM	Level I	\$96	_____
7:15 PM – 8:30 PM	Level I/II	\$96	_____

Thursday

9:30 AM – 11:00 AM	Level I/II	\$96	_____
5:30 PM – 7:00 PM	Vinyasa Flow	\$96	_____
7:15 PM – 8:30 PM	Level I	\$96	_____

Friday

9:00 AM – 10:15 AM	Level I/II	\$96	_____
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Saturday

9:00 AM – 10:00 AM	Pilates	\$96	_____
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Sunday

8:00 AM – 9:30 AM	Sunday Morning Yoga*	\$84	_____
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* 7 week session - class begins 3/7

Name _____

Address _____

Phones _____

e-mail _____

New Student Change of Address

Please Make Checks Payable to: Soluna Yoga Studio

Multiple Class Discounts:

Two \$96 classes = \$172 One class at \$84 and one at \$48 = \$132
One \$96 and one \$84 = \$168 Three \$96 = \$238
One \$96 and one \$48 = \$144 Two \$96 and one at \$84 = \$236



Mail or bring form and check on or before first day of the session.
Soluna Yoga Studio 2317 Balltown Road, Niskayuna, NY 12309



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Niskayuna, NY 12309

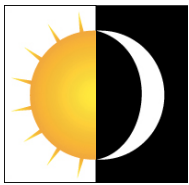


2010
Early Spring Session
March 1 - April 24

8 WEEK SESSION

“Yoga is not about self-improvement, it’s about self-acceptance.”

Gurmukh



Welcome to Soluna Yoga Studio

General Information

Directions: From Central Avenue (Rt. 5) turn right onto Rt. 146 (Balltown Road). Continue 4 miles just before the intersection of River Road and Providence Avenue. Turn left into the parking lot of the Niskayuna Professional Building at 2317 Balltown Rd.

Policies: Soluna reserves the right to cancel a class due to low enrollment and will issue a full refund to those who register early. If you need to withdrawal from a class before the class begins, there will be a \$10 processing fee. If there is a cancellation due to inclement weather, you may attend any other class that is offered during the session.

Due to our new continuous schedule students have the opportunity to make up a class if an instructor cancels by either attending a class during the remaining weeks left in the current session, or in the following session.

No refunds will be given once the session begins. Students should contact the director immediately ONLY upon personal serious injury, a serious illness or birth of a child to discuss potential credit for the remaining weeks of the session. Credit may be granted but, will be determined on a case-by-case basis. Retroactive credit will not be given. If credit is given, credit expires 6 months from contact date. You may make up missed classes by attending any of Soluna's scheduled classes during the same session if space is available.

Fees: Classes \$12 when student pre-registers – Drop-in fee \$15
Kids Classes \$10 – Drop-in fee \$12

Drop-Ins: Always welcome if space is available.

What to wear and bring: Wear comfortable clothes such as sweats, shorts, leggings and shirts. You may want to bring our own mat and blanket. We have pillows, mats, ties, blocks, blankets and eye pillows.

For more information and including registration forms for classes and for workshops please visit our website:

www.solunayoga.com

or call 429-1455

Private Lessons Available

Please Make Checks Payable to: Soluna Yoga Studio

Class Schedule

Monday

9:00 AM – 10:30 AM	Level I/II*	Carol McCord
5:30 PM – 6:45 PM	Level II	Lisa Alexander
7:00 PM – 8:15 PM	Level II	Lisa Alexander

* 4 week session 3/29 - 4/19

Tuesday

9:00 AM – 10:15 AM	Level I	Lisa Alexander
5:00 PM – 6:15 PM	Level I	Debbie Tooley
5:30 PM – 6:30 PM	Yin Yoga*	Lisa Alexander
6:45 PM – 7:45 PM	Pilates – All Levels	Tina Koehler

* 7 week session - no class 3/16

Wednesday

9:30 AM – 10:45 AM	Gentle Yoga	Joanne Pisarski/ Nancy Tobiessen
4:00 PM – 5:15 PM	Ashtanga-spiced Yoga	Jo Page
5:45 PM – 7:00 PM	Prenatal Yoga	Cassie McCracken
5:45 PM – 7:00 PM	Level I	Debbie Tooley
7:15 PM – 8:30 PM	Level I/II	Cathy Prescott

Thursday

9:30 AM – 11:00 AM	Level I/II	Beryl Dickson
5:30 PM – 7:00 PM	Vinyasa Flow	Lisa Alexander
7:15 PM – 8:30 PM	Level I	John Horan

Friday

9:00 AM – 10:15 AM	Level I/II	Lisa Alexander
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Saturday

9:00 AM – 10:00 AM	Pilates	Michele Tibbitts
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Sunday

8:00 AM – 9:30 AM	Sunday Morning Yoga**	John Horan
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* 7 week session - class begins 3/7

Workshop – Yoga for Shoulders
Saturday, April 24, 1-3 pm

200 Hour Yoga Teacher Training
March – November 2010
1 weekend per month
check website for details

Class Description

Gentle Yoga offers a slower paced practice in a relaxed and non-competitive setting. Gentle yoga practices are accessible to people of all sizes, ages and fitness levels. These practices create balance in the body by developing strength and flexibility, enhancing mental focus, reducing stress and improving overall health. All experience levels welcome.

Level I is a class is for beginning students to learn basic yoga postures. Students will learn correct alignment of each posture as well as learning breathing, meditation and relaxation techniques. Students who would like a slower pace will enjoy this class. All experience levels welcome.

Level I/II is for those who have attended Level I and are ready for a more moderate beginning class. There will be continued emphasis on the basic postures with more variations as well as introducing new poses.

Level II is an intermediate class that is designed to bring the student to the next level. Advanced postures are introduced requiring strength, stamina and flexibility. This class is suitable for those who have completed two sessions of Level I and/or Level I/II.

Vinyasa Flow is linking breath and movement while transitioning from one posture to another. Students will build energy as they move through a series of standing and seated postures using vinyasas (chaturanga, upward dog and downward dog). Students should be familiar with the Sun Salutation and have completed two sessions of Level II.

Ashtanga-spiced Yoga is a joyful and vigorous practice, this class combines postures from the Ashtanga primary series with longer-held, deeply restorative postures from other yoga traditions. Such a blend promotes physical strength and flexibility in order to develop those same qualities in mind and spirit. Participants who have had previous yoga experience at Level I/II or Level II or their equivalent will derive the greatest benefit from this practice.

Prenatal Yoga provides a special time for moms to be to stretch, breathe, connect with their baby and changing bodies. All levels are welcome to join as we learn yoga poses, breathing exercises and relaxation techniques that will be useful for labor and delivery, as well as for the months and years to follow to increase your sense of well being.

Sunday Morning Yoga Flow Rise and Shine to a flowing sequence of asanas. As you stretch, breathe and meditate, you will bring an inner awareness of peace and balance to your body, mind and spirit and enjoy the presence of being. Level I/II and up.

Pilates (pi-lah-teez) method encompasses more than 500 controlled, precise movements designed to stretch and strengthen muscle without adding bulk and improve musculoskeletal function. The exercises focus on the body's vital energy core to build strength and agility in a balanced way.

Yin Yoga targets the connective tissue of the hips, pelvis and spine. In this practice, the muscles are relaxed and poses are held 3 – 5 minutes in a supported way in order to stress the ligaments, joints and bones. This creates more fluid in the body and begins to create more range of motion for those who are stiff or who have any injuries. Over time, the body will feel at ease while in movement or in stillness. Yin Yoga is a compliment to all your yang activities. This class is for students of all levels and of all ages. It can be done as an addition to your yang yoga or for those who have minor injuries, and or, for those who have stiff joints and limited range of motion.

Kids Yoga is based on each week encouraging the kids as a group to create a story. The practice will teach them about yoga, the breath and introduce to them a series of postures while learning to relax and have fun.