

Registration Form

February 27 - April 21, 2012

Payments before March 5 – \$96, after pay \$101 - \$84, after \$89

Monday

9:30 AM – 10:45 AM	Chair Yoga	\$96	_____
5:30 PM – 6:45 PM	Level II	\$96	_____
7:00 PM – 8:15 PM	Level II	\$96	_____

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	\$96	_____
6:30 PM – 7:30 PM	Pilates	\$96	_____
7:00 PM – 8:15 PM	Prenatal Yoga	\$96	_____

Wednesday

9:30 AM – 10:45 AM	Gentle Yoga	\$96	_____
5:30 PM – 7:00 PM	Ashtanga Vinyasa	\$96	_____
5:30 PM – 6:45 PM	Beginning Yoga	\$96	_____
7:15 PM – 8:30 PM	Men @Work	\$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	_____
5:30 PM – 6:45 PM	Happy Hour Yoga	\$96	_____

Saturday

9:00 AM – 10:15 AM	Saturday Morning R&R	\$96	_____
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Sunday

8:45 AM – 10:00 AM	Sunday Morning Yoga*	\$72	_____
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Begins March 4th, first class Free

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

Three \$96 = \$238

One \$96 and one \$84 = \$168

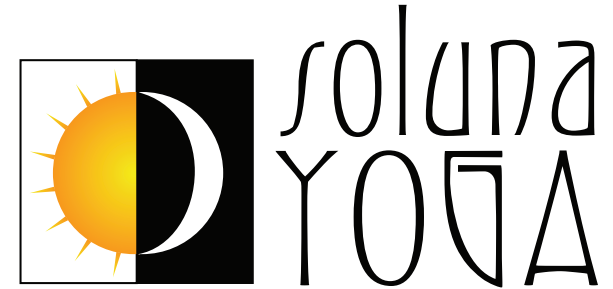
Two \$96 and one at \$84 = \$236



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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2317 Balltown Road
Niskayuna, NY 12309



2012 Early Spring Session

February 27 - April 21

8 WEEK SESSION

“Yoga is an internal journey to
the magic of becoming light
and empowered”

~Mohini Chatlani

Class Schedule

Monday

9:30 AM – 10:45 AM	Chair Yoga	Kathleen McDermott
5:30 PM – 6:45 PM	Level II	Lisa Alexander
7:00 PM – 8:15 PM	Level II	Laurie Galish

Tuesday

9:00 AM – 10:15 AM	Level I	Lisa Alexander
5:00 PM – 6:15 PM	Level I	Vanessa Chambers
5:30 PM – 6:30 PM	Yin Yoga	Lisa Alexander
6:30 PM – 7:30 PM	Pilates	Tina Koehler
7:00 PM – 8:15 PM	Prenatal Yoga	Cathy Prescott

Wednesday

9:30 AM – 10:45 AM	Gentle Yoga	Joanne Pisarski
5:30 PM – 7:00 PM	Ashtanga Vinyasa	Jo Page
5:30 PM – 6:45 PM	Beginning Yoga	Kathleen McDermott
7:15 PM – 8:30 PM	Men @ Work	Beth Dawson

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	Beth Dawson

Friday

9:00 AM – 10:15 AM	Level I/II	Lisa Alexander
5:30 PM – 6:45 PM	Happy Hour Yoga	Laurie Galish

Saturday

9:00 AM – 10:15 AM	Saturday Morning R&R	Karol Augspurger
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Sunday -Begins March 4th, first class Free

8:45 AM – 10:00 AM	Sunday Morning Yoga	Beth Dawson
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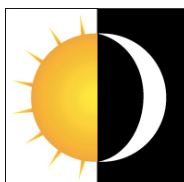
For more information and including registration forms for classes and for workshops please visit our website:

www.solunayoga.com

or call 429-1455

Private Lessons Available

Please Make Checks Payable to: Soluna Yoga Studio



Welcome to Soluna Yoga Studio

General Information

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

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.

Workshops

Restorative Workshop

Sunday March 11 4-6 pm \$30

Nia Movement

Many Movement Forms – Saturday March 17, 1:30 – 3:30 pm \$30

Awareness – Saturday April 21, 1:30 – 3:30 pm \$30

Subtle Body Workshop

Subtle Body - Saturday March 3 - 4-6 pm \$30

Subtle Body and Auric Cleanse and Healing - April 28, 4-6 pm \$30

Essential Oils for Health & Healing

Saturday - April 7 11:00 – 12:30 pm FREE

[See website for more information on Workshops](http://www.solunayoga.com)

Class Descriptions

Ashtanga Vinyasa combines postures from the Ashtanga primary series with asanas from other yoga traditions in a joyful, sequenced flow. This class 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.

Beginning Yoga will focus on basic postures and breathing techniques. We will focus on strength, flexibility and balance and you will create more body awareness while learning stress reduction and relaxation techniques. Blocks, straps and cushions will be available for posture modifications so you may thoroughly enjoy each pose and make it yours. This class is suitable for all ages.

Chair Yoga offers postures sitting and standing with a chair. Yoga postures are modified to fit your needs allowing anyone, regardless of age, physical challenge or ability to increase flexibility, strength and balance. This practice also includes breath work and relaxation to slow the pace of life and reduce stress.

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. For all experience levels.

Happy Hour Yoga is a multi-level and light-hearted class that will combine postures requiring a moderate amount of strength, flexibility, and stamina designed to help you leave your week behind, with some longer-held postures that will help you relax and flow into your weekend. A wide and varied selection of music will accompany the class. A sense of joy and humor are encouraged. At least one session of yoga experience is recommended.

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.

Men @ Work will teach you how to connect your breath to a series of stretches and postures which will help to improve and increase flexibility in hips and shoulders, improve strength and muscle tone, create better balance and reduce stress.

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.

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.

Saturday Morning "R&R" (Release & Replenish) Release the week's stress from top to bottom with detoxifying asanas & twists, replenish your energy, rejuvenate your body & revitalize your disposition in this mixed-level, up-lifting & light-hearted class. This class is suitable for those who have completed two sessions of Level I.

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.

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

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 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. This class is for students of all levels and of all ages.