

Registration Form

January 2 - February 26, 2011

Payments before January 9 – \$96, after pay \$101

Monday

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	_____
5:00 PM – 6:00 PM	Yin Yoga	\$96	_____
6:45 PM – 7:45 PM	Pilates	\$96	_____
7:00 PM – 8:15 PM	Men @ Work	\$96	_____

Wednesday

9:30 AM – 10:45 AM	Gentle Yoga	\$96	_____
4:00 PM – 5:15 PM	Grace & Strength	\$96	_____
5:30 PM – 7:00 PM	1st Series Ashtanga	\$96	_____
5:45 PM – 7:00 PM	Prenatal Yoga	\$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	Piyo	\$96	_____
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Sunday

8:00 AM – 9:30 AM	Sunday Morning Yoga	\$96	_____
4:00 PM – 5:15 PM	Yoga Nidra	\$96	_____

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



2011

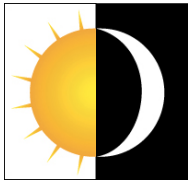
Winter Session

January 2 - February 26

8 WEEK SESSION

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”

– Buddha



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			
5:30 PM – 6:45 PM	Level II		Lisa Alexander
7:00 PM – 8:15 PM	Level II		Lisa Alexander
Tuesday			
9:00 AM – 10:15 AM	Level I		Lisa Alexander
5:00 PM – 6:15 PM	Level I		Vanessa Chambers
5:00 PM – 6:00 PM	Yin Yoga		Lisa Alexander
6:45 PM – 7:45 PM	Pilates		Tina Koehler
7:00 PM – 8:15 PM	Men @ Work		Beth Dawson
Wednesday			
9:30 AM – 10:45 AM	Gentle Yoga		Joanne Pisarski
4:00 PM – 5:15 PM	Grace & Strength		Jo Page
5:30 PM – 7:00 PM	1st Series Ashtanga		Jo Page
5:45 PM – 7:00 PM	Prenatal Yoga		Laurie Galish
7:15 PM – 8:30 PM	Level I/II		Laurie Galish
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
Saturday			
9:00 AM – 10:00 AM	Piyo		Julie Stanco
Sunday			
8:00 AM – 9:30 AM	Sunday Morning Yoga		John Horan
4:00 PM – 5:15 PM	Yoga Nidra		Mary Clare O'Connor



Holiday Gift Certificates Available

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.

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.

Piyo is a fusion of yoga and pilates. This class is taught by a certified Yoga instructor and draws upon various styles of yoga to build a practice with pilates. Focus will be on toning and strengthening all muscles with extra emphasis on the abdominal region, as well as ligaments, joints, and nerves. Piyo techniques allow you to build a strong, lean, flexible body while cultivating mental well-being.

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.

Yoga Nidra is for those who would like to awaken the healer within. This class will consist of a brief asana practice into breathwork, toning and meditation techniques to lead into a longer shavasana of deep meditation. All inner sojourners welcome.

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.