

December Schedule 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6a & 7a- AM Yoga	2
3 10a-12p- Open Studio	4	5 6a & 7a- AM Yoga 6-7p- Beginner 7:15-8:30p- Intermediate	6 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	7 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	8 6a & 7a- AM Yoga	9 9-10:30a- Yin w/ Trivia
10 10a-12p- Open Studio 4-5p- Blue Dragon	11 7-8p- Trance Meditation	12 6a & 7a- AM Yoga 6-7p- Beginner 7:15-8:30p- Intermediate	13 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	14 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	15 6a & 7a- AM Yoga	16
17 10a-12p- Open Studio	18	19 6a & 7a- AM Yoga 6-7p- Beginner 7:15-8:30p- Intermediate	20 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	21 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	22 6a & 7a- AM Yoga	23 9-10:30a- Yin w/ Trivia
24 10a-12p- Open Studio	25 CLOSED	26 6a & 7a- AM Yoga 6-7p- Beginner 7:15-8:30p- Intermediate	27 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	28 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	29 6a & 7a- AM Yoga	30



December Newsletter 2017

SCHEDULE CHANGES

Starting December:

- **YOGA Talks: Wednesdays 7:30 pm**

This is replacing the Learner Series and will be mostly a discussion class, but I would still recommend dressing comfortably. We'll now have a monthly topic announced in newsletters. Students can still bring general questions.

December's topic: Mindfulness

- **Learner Series:**

Gone. Replaced with YOGA Talks. Same concept.

- **All Levels Hatha: Thursdays 7-8:15 pm.**

Takes the Learner Series slot.

Starting January

- **NEW CLASS!! Beginner Mini Ashtanga-**

In this 8-week series, **Mondays 5:30-6:30pm**, we'll learn a 1-hour Ashtanga style sequence. See Class Descriptions tab for more details.

- **Monday AM Classes starting January!**

AM yoga Monday through Friday 6am & 7am!

- **All group yoga classes taught by Burg and Kelly will be donation based.**

See Services + Pricing tab for details on how to pay.

- **No more online registration for classes.**

Come in, sign in on paper. That means first come, first served. Come 5-10 minutes early to get a spot!

The studio will be closed Monday 12/25

Thai Yoga Massage Sessions with Burg!

This form of massage is right in line with our focus in yoga at YHS; getting in tune with your own mind and body. Relaxation and massage are just an added benefit!

Email me with questions and to schedule! You are going to LOVE the experience! Check out the Services + Pricing tab on the website for more details.

Ecstatic Trance Meditation Class

Monday December 11, 7-8 pm

Come explore non-ordinary states of consciousness by using ritual body postures from hunter-gatherer and horticultural art/artifacts as "doorways" to the "realm of the spirits". Ecstatic trance is achieved through rhythmic stimulation (rattle/drum/vocables), coupled with shamanic body postures.

\$10 per person.

Email Tom Molnar with questions: tsmolnar168@gmail.com

Open Studio: Sundays 10am – 12pm

Hosted by Melanie FREE

- Use the studio for your own self-lead yoga practice.
- Use the space, time, props, and books to practice poses, meditation, breath, etc.
- Come in anytime between 10-12. Please be respectful of others that may be practicing.

Message from Burg

As you can see, I'm changing a lot of things; going donation based, no online registration, and a new schedule. Going donation based and getting rid of class passes takes more stress off me than you can even imagine. I'll give it a shot for 6 months or so. If it doesn't work, I'll try something else. But, I need to give it a chance. This is more in line with what I want from this studio. More accessibility for more people. There's yoga everywhere. I can't make everyone happy. So, I'll make myself happy first. My hope is that you'll benefit from this change.

If you have questions, don't hesitate to ask me!

And, **HAPPY ANNIVERSARY KELLY!** She has been teaching at YHS for a year! As you may know, Kelly is also the General Manager for Balanced Yoga. She lives and breathes yoga. If you haven't taken her class, do it.