

## Yoga etiquette

- Come with clean bare feet wearing comfortable fitted clothes
- Bring mat, towel and water. Mats are available for sale or rent.
- Practice is best on an empty stomach (two hours since your last meal)
- Please refrain from wearing body fragrances
- Master your stillness—arrive at least 10 minutes before class begins
- Leave conversations in the lobby—observe silence in the practice space
- New students, please arrive at least 15 minutes before class
- Most classes are 75–90 minutes in length

Please present this coupon when paying for your first class at geoYoga

# SECOND CLASS FREE WITHIN 7 DAYS

Take a second class within 7 days of your first class, and receive your second class FREE!  
Applies only to regularly-scheduled classes.  
Valid for new clients only.

Date of first class \_\_\_\_\_

Instructor's Initials \_\_\_\_\_



569 S.E. Central Parkway  
Stuart, FL 34994  
(772) 219-9900  
www.geoYoga.com

## Class pricing

Single class drop in	\$15
5 class pass	\$65
10 class pass	\$120
20 class pass	\$220
1 month unlimited class pass	\$100
3 month unlimited class pass	\$260
Annual unlimited class pass	\$1,000
Private session	\$85

*All passes are non-transferable and, non-refundable.  
5 class passes expire after 90 days. 10 class passes expire after 6 months. 20 class passes expire after one year.  
Passes can be applied to regularly scheduled classes, not special events or workshops.*

## Namaste

The **divine light** in me  
recognizes and greets the  
divine light in you.

## Location

We are located at 569 S.E. Central Parkway in the Central Parkway Business Center, one block north of Monterey Road between U.S. Highway 1 and Kanner Highway in Stuart (1/8 of a mile behind Blockbuster Video).



## Class Information

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(772) 219-9900  
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Cut and detach

**Schedule of classes (effective December 1, 2011)** Check [www.geoYoga.com](http://www.geoYoga.com) for the most up-to-date schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7 a.m. Sivananda <i>Patricia</i>	7 a.m. Hot <i>George</i>	7 a.m. Sivananda <i>Patricia</i>	7 a.m. Hot <i>George</i>		8 a.m. Hot <i>George</i>
10 a.m. Vinyasa	9 a.m. Vinyasa <i>Tara</i>	9 a.m. Yin <i>Jaye</i>	9 a.m. Eclectic Flow <i>Scott</i>	9 a.m. Yin <i>Scott</i>	9 a.m. Vinyasa <i>George</i>	10 a.m. Foundations <i>Cathy</i>
	11 a.m. Restorative Yoga <i>Cathy</i>	1 p.m. Gentle Flow <i>Mary</i>	11 a.m. Restorative Yoga <i>Cathy</i>			
		3:30 p.m. Kids' Yoga <i>ages 4-8</i>		4:15 p.m. Kids' Yoga <i>ages 9-12</i>		
		4:45 p.m. Meditation & Pranayama Free	4 p.m. Meditation & Pranayama Free		4:30 p.m. Vinyasa Meditation <i>Jaye</i>	
	6 p.m. Yin <i>Mary</i>	6 p.m. Vinyasa <i>Kyle</i>	6 p.m. Hot <i>George</i>	6 p.m. Vinyasa		

**Eclectic Flow**

A spontaneously-sequenced form of yoga that is designed to explore the full spectrum of yogic disciplines. This practice incorporates elements of Anusara, Vinyasa, Kundalini, pranayama, meditation, and chanting and encourages mindful exploration of the postures amidst an invigorating combination of fluid movement and deeper, prolonged, holds. Experience a unique practice each time you step on the mat, comprised of a well-balanced synthesis of challenging and calming elements.

**Foundations**

Alignment, simplicity and ease. Learn the five universal alignment principles of Anusara yoga. Perfect for new students or seasoned students who want to remember to remember.

**Gentle Flow**

A gentle, flowing class, emphasizing slow, graceful movements, deep stretches, balancing postures and

deep relaxation. Take time for yourself to slow down, open your body, breath and find inner peace. Students of all ages and abilities are welcome.

**Hot**

A Vinyasa class practiced in a warm room. The increased temperature allows for deeper stretching while protecting your muscles. This also permits your pores to open to aid in detoxifying the body. Breath and alignment are stressed to ensure you receive the benefits of this moving meditation.

**Pranayama/Meditation**

Learn the principles behind yogic breathing while revealing the stillness within.

**Restorative Yoga**

Gentle warm ups and stretches lead into an easy flow. As the heart rate gracefully rises the body warms and softens in preparation for the restorative asanas that follow. The use of blocks, bolsters, blankets, etc., in supported, restorative postures makes the benefits of yoga accessible to all.

**SPECIAL CLASSES**

**Kids' Yoga**

with Ms. Jaye  
 Tuesday at 3:30 p.m. (*ages 4-8*)  
 Thursday at 4:15 p.m. (*ages 9-12*)  
 Six-week pass = \$60; drop-in = \$12  
*Also offering Kids' Yoga Parties*

**Pranayama and Meditation**

Tuesday at 4:45 p.m.  
 Wednesday at 4:00 p.m.  
 Learn how to sit.  
 Free

**Restorative Yoga**

with Cathy  
 Mondays and Wednesdays at 11:00 a.m.  
 Supported, restorative postures  
 Makes the benefits of yoga accessible to all.  
**Regular studio pricing**

**Sivananda Yoga**

Focused on 12 basic postures to explore and expand upon the Five Points: proper exercise-Asanas, proper breathing-Pranayama, proper relaxation-Savasana, proper diet-conscious eating, positive thinking and meditation.

**Vinyasa**

Vinyasa simply means "to flow." The integration of alignment, intuition, strength and fluidity. Pranayama (breathing technique) is introduced. All levels are welcome.

**Yin**

Take time to slow down and bring balance to your overall practice. Yin Yoga is a relaxed form that allows you to fully immerse yourself in poses that can be held longer and felt more deeply. The perfect complement to a Vinyasa-based practice.

*Certified and registered Yoga Alliance teachers*