



CENTERED
CITY YOGA™
a dana baptiste studio

9th and 9th SCHEDULE
EFFECTIVE
July 1 – August 30, 2010



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<u>Monday</u>			<u>STUDIO</u>
6 am	Power Hour	Carrie	Surya
8:40 am	Power I	Kim	Surya
10:05 am	Restore	Scott	Surya
NOON	Express	Jim	Surya
4:15 pm	Core	Carrie	Surya
4:15 pm	YIN YOGA	Sarah-Elizabeth	Chandra
5:40 pm	Power I	Scott	Surya
7:15 pm	Yoga for Climbers	Lizzy	Surya
7:15 pm	Restore	Kate	Chandra
8:30 pm	Power, Unplugged	Kate	Surya

<u>Tuesday</u>			<u>STUDIO</u>
6 am	Power Hour	John	Surya
9:15 am	Power I & 2	Dana	Surya
11 am	Soft Flow	John	Surya
1:45 pm	Power Hour	Lizzy	Surya
4 pm	Forrest Yoga	Bronwen	Chandra
4:40 pm	Stiffer Bodies	Lucy	Surya
5:40 pm	Core	Lizzy	Chandra
6:00 pm	Power I & 2	Stephen	Surya
7:15 pm	Yoga for Cyclists	Lizzy	Chandra
7:40 pm	Express	Gentri	Surya
8:30 pm	Power Hour	Kim	Surya

<u>Wednesday</u>			<u>STUDIO</u>
6 am	Power Hour	Kim	Surya
8:40 am	Core	Kim	Surya
10:05 am	Stiffer Bodies	Lucy	Surya
NOON	Express	John	Surya
4:15 pm	Prenatal	Sarah	Surya
4:15 pm	Restore	Kate	Chandra
5:40 pm	Core	Dana	Surya
5:45 pm	Fundamentals	Lizzy	Chandra
7:05 pm	Power I	Kimmy/Kate	Surya
7:15 pm	YIN YOGA	Lucy	Chandra
8:30 pm	Power, Unplugged	Kate	Surya
8:30 pm	The Resistance	Aaron	Chandra

<u>Thursday</u>			<u>STUDIO</u>
6 am	Power Hour	Scott	Surya
9:15 am	Power I & 2	Dana	Surya
11 am	Soft Flow	Carrie	Surya
1:45 pm	Power Hour	Lizzy	Surya
4pm	Forrest Yoga	Bronwen	Chandra
4:40 pm	Stiffer Bodies	Kim	Surya
6:00 pm	Power I & 2	Stephen	Surya
6:00 pm	Pranayam/Meditation	Erin	Chandra
7:15 pm	Core Basics	Lizzy	Chandra
7:40 pm	Express	Gentri	Surya
8:30 pm	Power Hour	Kim	Surya

<u>Friday</u>			<u>STUDIO</u>
6 am	Power Hour	Kim	Surya
8:40 am	Power I	Kim	Surya
9 am	Prenatal	Lin O.	Chandra
10:05 am	Restore	Scott	Surya
NOON	Express	Kate	Surya
4:15 pm	Core	Dana/Kim	Surya
4:15 pm	Restore	Kimmy	Chandra
5:40 pm	Power I	Scott	Surya

<u>Saturday</u>			<u>STUDIO</u>
7:30 am	Stiffer Bodies	Scott	Surya
8 am	Forrest Yoga	Bronwen	Chandra
9 am	Power I	John	Surya
10:20 am	Restore	Carrie	Surya
11:40 am FREE	Intro to Yoga	Staff	Chandra
5:30 pm	Power Hour	John	Surya
5:30 pm	Yoga Kids	Claudette	Chandra
6:30 pm	YIN YOGA	Sarah-Elizabeth	Surya

<u>Sunday</u>			<u>STUDIO</u>
7:30 am	Power Hour	Carrie	Chandra
8:30 am	Core	Dana	Surya
9:00 am	Pranayama	Erin	Chandra
10 am	Power I & 2	Dana	Surya
10:15 am	Restore	Kim	Chandra
Noon	Prenatal	Sarah/Steph	Surya
4:15 pm	Restore	Kate	Surya
5:30 pm	Power, Unplugged	Lizzy	Surya
5:30 pm FREE	Intro to Yoga	Staff	Chandra

Prices

Drop In: \$12 a class OR Express Drop In: \$8 a class

5 class card: \$55 OR 5 class Express card: \$30

10 class card: \$100

20 class card: \$160

Monthly Unlimited: \$125 OR \$110 AUTO PAY

Teachers & Single Parents: \$55 for 10 or \$100 for 20

918 E. 900 S. Salt Lake City 801-521-9642

www.centeredcityyoga.com

Centered City Yoga Class Descriptions:

entry level classes:

Intro to Yoga: A free, fun, and friendly class to demystify "yoga" and bring familiarity to the next class you take. (75 min.)

Fundamentals: Establishes the basics for your practice in a slower workshop setting; a chance to ask questions and get in depth information while still enjoying the workout. (75 min.)

Core Basics: An in-depth look at your center – the perfect "preparation" for the more advanced CORE class. (75 min.)

all levels classes:

Pranayama: An hour of pure power breathing. Guaranteed this class will surprise you. Too many benefits to list! (60 min.)

Restore: Restore energy, vitality, mobility and more in this gentle viniyoga based class. Get loose and relaxed! (85 min.)

Express: A shorter class to quickly energize your day! (45 min.)

Soft Flow: Traditional yoga poses linked together with gentle flowing transitions to leave you energized and massaged. (85 min.)

Yin Yoga: Targets connective tissue. Nurtures healing by holding poses for increased duration. A slow, deep stretch. (75 min)

specialty classes:

Forrest Yoga: Ana Forrest's intense sequencing -- a challenge (90)

Prenatal/Postnatal: For moms to be & brand new moms! (75 min.)

Yoga Kids: Fun yoga for children ages 4 -9. (60 min.)

Yoga for Climbers: Strengthen your core, open your hips, and stretch your hands and feet. Assymetry is stressed. (85m)

Yoga for Cyclists: Chest openers, core strengtheners, deep stretches for the lower body, magic mobility for your lower back. The perfect cross training workout for you! (85 min.)

Stiffer Bodies: Dynamic flow series followed by deep overall stretching for the stiff body. Unleash your flexibility! (75 m)

Yoga for Chinese Speakers: Bring the whole family! For anyone who speaks Chinese, or who wants to learn! (60 min.)

Core: Move from your center, get stronger from the inside out, challenge your proprioceptive body. Work your abs, your back and your buns! Assymetrical poses challenge the mind as well. **Most concentrated class on schedule!** (75 m)

Resistance: Vinyasa flow slowed down to accentuate the lightness of finding your bandhas to move from a place of internal strength. The opposite of momentum based movement, this class teaches you how to move with deliberate intention. (75)

progression of power classes:

Power Hour: One hour of non-stop vinyasa flow. (60 min.)

Power One: Movement linked with breath to work your entire body, refresh your mind, and soothe your spirit. (75 min.)

Power, Unplugged: Power class, only groovier. Move at a slower pace, hold poses longer, revel in your breath more. (75 min.)

Power 1 & 2: Still that same movement linked with breath, a tad (okay, maybe more than a tad) more challenging. (85 min.)

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July and August Schedule of Events

INDEPENDENCE DAY!

July 4 - CLOSED at both locations except for ONE "INDEPENDENCE FLOW" class at 9th & 9th with Lizzy, 9 - 10:30, \$20

BREATH CIRCLES!!

Jim Pehkonen is now offering Breath Circles on several Friday afternoons! For July and August, here is his schedule:

July 9th and 23rd, August 6th and 20th
1 - 3 pm with Jim, 9th and 9th, \$20

OPEN YOUR HIPS!

July 18th: Let your hips tell you their truth
At 9th and 9th with Lucy
2 - 4 pm \$20

LOVE YOUR BODY

July 31st, with Sarah and Erin, at 9th and 9th
2 - 4:30 pm

YOGA AND THE LANGUAGE OF THE HEART
August 1 - with Carrie, at Millcreek 2 - 4 pm

YOGA IMMERSION WEEK

August 10 - 15

Choose from over 20 topics on yoga, and take four hours to learn more! Cost is \$50 for four hours, topics include yoga and fibromyalgia, meditation, yoga for older populations, yoga for a healthy back, bhakti yoga, etc.

RESTORE YOUR SOUL

(and your body and mind too!)

August 22nd, with Scott!
at 9th and 9th, 2- 4 pm, \$20

coming in September - new classes!