



CLASS SCHEDULE: Ramsey

Effective: December 14, 2017

At Yoga Synthesis, we offer a quiet, supportive and non-competitive atmosphere, a full range of props, and a variety of classes for all levels of experience. Yoga Synthesis teachers have years of yogic training and experience in providing guidance to new and seasoned students alike.

DAY/TIME:	CLASS:	TEACHER:
MONDAY		
9:15-10:45 am	Vinyasa (Level 2)	Kelly S.
9:30-10:30 am	Basic (Level 1)	Jennifer
11:00 am-12:30 pm	Gentle/Restorative	Kelly S.
5:45-7:15 pm	Flow (Level 1-2)	Kent
6:00-7:30 pm	Vinyasa (Level 2)	Raji
7:35-8:35 pm	Basic (Level 1)	Jennifer
7:45-8:45 pm	Movement & Meditation	Kenny
Tuesday		
9:15-10:45 am	Vinyasa (Level 2)	Raji
9:30-10:30 am	Flow (Level 1-2)	Jennifer
3:15-4:30 pm	Basic (Level 1)	Kelly S.
5:45-7:15 pm	Guided Ashtanga	Raji
6:15-7:30 pm	Basic (Level 1)	Jennifer
7:35-9:05 pm	Vinyasa (Level 2)	Karen
Wednesday		
9:15-10:45 am	Vinyasa (Level 2)	Judy
9:30-10:30 am	Basic (Level 1)	Jennifer
4:45-6:15 pm	Gentle/Restorative	Lisa
6:00-7:30 pm	Vinyasa (Level 2)	Raji
6:45-7:45 pm	Flow (Level 1-2)	Jennifer
8:00-9:00 pm	Basic (Level 1)	Jennifer
Thursday		
9:15-10:45 am	Vinyasa (Level 2)	Michele
9:30-10:45 am	Flow (Level 1-2)	Trish
3:15-4:30 pm	Basic (Level 1)	Kelly S.
5:45-7:15 pm	Guided Ashtanga	Alexis
6:00-7:00 pm	Flow (Level 1-2)	Deb
7:35-8:35 pm	Basic (Level 1)	Candy
7:35-9:05 pm	Vinyasa (Level 2)	Nicole
Friday		
9:00-10:30 am	Vinyasa (Level 2)	Kent
9:15-10:45 am	Basic (Level 1)	Susan
11:00 am-12:30 pm	Gentle/Restorative	Kelly S.
5:45 pm – 7:00 pm	All Levels Flow	Kim
Saturday		
7:30-8:30 am	Flow (Level 1-2)	Astrid
8:00-9:30 am	Vinyasa (Level 2-3)	Raji
8:45-9:45 am	Basic (Level 1)	Lisa
9:45-11:15 am	Flow (Level 1-2)	Kelly S.
10:00-11:30 am	Gentle/Restorative	Lisa
12:00-1:00 pm	All Levels Community Class	Rotating
Sunday		
7:30-8:30 am	Flow (Level 1-2)	Trish
8:15-9:15 am	Basic (Level 1)	Jennifer
9:00-10:30 am	Flow (Level 1-2)	Kelly S.
9:35-11:05 am	Vinyasa (Level 2)	Raji
11:00 am-12:00 pm	Basic (Level 1)	Jennifer
7:00-8:00 pm	Basic (Level 1)	Candy

CLASS DESCRIPTIONS

Gentle/Restorative: A restful, calming class including breathing, gentle flowing movements, passive and supported poses. Appropriate for anyone who requires or prefers a softer, gentler approach to yoga.

Basic (Level 1): A slow-paced class incorporating breath, movement and relaxation for those who prefer rests between poses. Props and modifications offered for proper alignment and ease in the postures. For those new to yoga, or anyone preferring this practice style.

All Levels Flow: This class is designed to challenge continuing students as well as support those newer to yoga. New students are inspired and practicing students are given deeper variations.

All Levels Community Class: Same as All levels Flow, except they are taught by recent YS Teacher Training graduates. Community classes are by donation (suggested \$5.) or you can use your class card. The cash donations go to local charities.

Flow (Level 1-2): A faster paced class with dynamic movements focusing on developing strength and flexibility. The basics of inversions and back bends are offered for those ready to take their practice to the next level. Previous yoga experience helpful.

Vinyasa (Level 2 & Level 2-3): Prepare to sweat! Strong classes featuring Ujjayi breath, Ashtanga Sun Salutations, deeper back bends and arm balances. Practiced in a warm room. Experience required.

Guided Ashtanga: A traditional style of Hatha Yoga taught by Sri Pattabhi Jois in Mysore, India. A vigorous sequence of poses always done in the same order, synchronized with the breath.

Movement and Meditation: This guided class exposes students to a variety of meditation techniques and other mindfulness approaches to develop awareness of our humanness. All levels of experience are welcome and a mat is not required.

Class Fees & Packages

NEW STUDENTS - FIRST CLASS \$10!

Or **FREE** with purchase of

NEW STUDENT SPECIAL OFFER – 30 Days of Yoga \$50*

*Unlimited use towards all regularly scheduled classes.

Drop-in – 90-minute class \$20

Drop-in – 60-minute class \$16

Drop-in – Seniors & Students \$12

We have many Class Packages available to meet your needs, schedules and pocket books. Please stop in, call or visit our website for more information on special classes, workshops and teacher trainings. You can also buy packages and pre-register online for classes or workshops.

Yoga Synthesis™

225 North Franklin Turnpike, Ramsey, NJ 07446

201-818-9642 / info@yogasyntesis.com

www.yogasyntesis.com

Please visit the "Schedule Updates & Announcements" section of the YS website for details.