



CLASS SCHEDULE: Chestnut Ridge
Effective: June 1, 2017

<u>DAY/TIME:</u>	<u>CLASS:</u>	<u>TEACHER:</u>
MONDAY		
6:30-7:30 am	Flow (Level 1-2)	Astrid
9:00-10:00 am	Flow (Level 1-2)	Astrid
10:45-11:45 am	Gentle Flow/Restorative	Alane
5:45-7:15 pm	Flow (Level 1-2)	Trish
7:30-8:30 pm	Basic (Level 1)	Johnny
TUESDAY		
9:00-10:00 am	Basic (Level 1)	Rose
10:30am-12:00 pm	Structural Alignment (Level 1-2)	Yael
12:15-1:15pm		Natie
4:00-5:00 pm	Basic (Level 1)	Tenley
5:45-6:45 pm	Basic (Level 1)	Candy
7:15-8:30 pm	Flow (Level 1-2)	Dara
WEDNESDAY		
6:30-7:30 am	Flow (Level 1-2)	Astrid
9:00-10:30 am	Flow (Level 1-2)	Raji
6:00-7:00 pm	Basic (Level 1)	Alane
7:30-8:30 pm	Flow (Level 1-2)	Trish
THURSDAY		
6:30-7:30 am	Movement & Meditation	Rose
9:00-10:30 am	Vinyasa Wall/ Ceiling Sling	Raji
10:45-11:45am	Basic (Level 1)	Alane
12:15-1:15 pm	All Levels Community Class	Rotating
5:30-7:00 pm	Gentle Flow/Restorative	Lisa
7:30-8:45 pm	Flow (Level 1-2)	Kenny
FRIDAY		
9:00-10:30 am	Flow (Level 1-2)	Judy
10:45-11:45 am	Basic (Level 1)	Judy
SATURDAY		
8:00-9:00 am	Basic (Level 1)	Rose
9:30-11:00 am	Flow (Level 1-2)	Trish
11:30 am-12:30 pm	Gentle Flow/Restorative	Alane
SUNDAY		
9:00-10:30 am	Flow (Level 1-2)	Marla
10:45-11:45 am	Basic (Level 1)	Anjali

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.

CLASS DESCRIPTIONS

Gentle Flow/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.

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 Wall Ceiling Sling (Level 2): A creative innovative approach combining breath-based vinyasa and Iyengar wall and ceiling sling techniques. The class will start with a flow and then transition to using the yoga wall and ceiling slings where poses are done with Yoga straps to help align and create new depth.

Movement & Meditation: Working with subtle energy movements, featuring The Five Rites*, to prepare the body for a synthesis of meditations to release, discover and renew your body, mind and spirit. All Levels.

*(from the book "Ancient Secret of the Fountain of Youth" by Peter Kelder)

Structural Alignment (Level 1-2): An alignment-based yoga class focusing on helping students establish strong fundamentals in basic pose categories. This class will use precise instructions and props to help facilitate the learning process and proper technique.

All Levels Community Class: 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. Classes 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.

Class Fees & Packages

NEW STUDENTS - FIRST CLASS FREE

FIRST VISIT 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.

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

Yoga Synthesis™
 787 Chestnut Ridge Road, Chestnut Ridge, NY 10977
 201-818-9642
 info@yogasynthesis.com
 www.yogasynthesis.com