

CLASS DESCRIPTIONS

Short Form Ashtanga

Teaches Sun Salutations and Standing Postures. Lose Weight-Feel Great. Madonna and Gwyneth's favorite Yoga Practice.

Vinyasa

Athletic free-flow "Breathing-Movement System." Read: Get-Strong-Fast. Empowers Student to Practice in Harmony with their Current Ability. All-Levels Welcome. You Will Be Challenged.

Vin-Yin Yoga

Strengthen with Vinyasa Practice and Balance with Long and Stretchy Yin Practice. A perfect blend of strength and surrender.

Anusara Yoga

Grace-Filled Practice Teaches Universal Principles of Alignment. Based on the Teachings of John Friend. Anusara Foundations and Yoga Foundations Classes are for those Newer to Anusara Studies, Intermediate Classes are for All-Levels, and Advanced Classes require a Working Knowledge of the Essential Concepts.

Anusara Vinyasa Yoga

Blend the Principles of Alignment with Strong and Active Advanced Flow Practice. Strong Vinyasa and Anusara Students Welcome.

Gentle Karma

Excellent for Beginning Students, or those looking for a Very Mellow Class. Slow-Paced and Instructive. Relax and Renew.

Karma Yoga

Basic Hatha Yoga at it's Finest. Our Blend of Slow Flow set to the Healing Vibrations of Music. Strengthen and Lengthen in a Very Relaxed Way. All Levels.

Karma Yoga 2

Amped-up Karma Class! Kicks it Up a Notch. Still a Slow Flow, Includes some basic Sun Salutation Work and Increased Strengthening Exercises.

Karma Yoga at the Wall/KY2 at the Wall

Explore New and Familiar Poses using the Wall to help Reinforce your Alignment.

Yoga with Weights

Increase Muscle and Improve Bone Density using Weights and Resistance Training in Combination with Yoga. Great Workout!

Karma Kids / September - May

Interactive, Educational and Fun! Helps Children Improve Focus and Move. Yoga has a Powerful and Calming Effect on Active Bodies and Minds. No Drugs Prescribed.

CLASS PRICES / PACKAGES

- First Class Free! (New Students Only, Restrictions Apply)
- Walk-In \$16 - Every 6th Class Free!
- New Yogi's Series / 5 Series \$50 (Valid on 1st Visit Only)
 - 2 Month Expiration Date
- 12 Series \$145 (12.08/Class) - 4 Month Expiration Date
- 24 Series \$250 (10.42/Class) - 6 Month Expiration Date
- Unlimited Yoga \$99/Month - Monthly CC Auto Renew
- College Series (18-24 w/College ID)
 - 10 Series \$110 / One Year Expiration (no rollover)
- Students 13-17 Yrs. Old / Seniors \$13

PRIVATE INSTRUCTION

- On-Site \$80/Hour/Off-Site \$110/Hour/In-Class \$110/Hour
- Yoga Therapy, Contact Lynn Medow - lymedow@karma-yoga.net

DONATION CLASSES: THE ACT OF GIVING

Hello Everybody.

For those of you unfamiliar with a donation-based yoga studio class please understand that Donation does not mean free. As stated, donation means the act of giving. How much you give, how much you are able to give, from the suggested \$12 per class to \$0, is personal. When you can give MORE than the suggested \$12 you will support those who cannot. We certainly do not want to prevent you from practicing yoga simply because you don't have the cash. We trust that through giving freely to all of you, the Universe will take care of us through all of you. We also believe yoga is for EVERYBODY who wants to participate. Yoga is a sacred practice for personal growth that everybody is entitled to according to the people who truly care about the wellness of ALL BEINGS.

3683 W. Maple at Lahser • Bloomfield Hills, MI 48301
www.karma-yoga.net p 248.723.9168

Karma Yoga

MONDAY

SPRING 2009

7:00-8:00 AM	Short Form Ashtanga	Ellena
8:15-9:15 AM	Karma Yoga	Susann
9:30-11:00 AM	Anusara Vinyasa (Adv)	Natalie
11:15-12:00 PM	Gentle Karma Yoga	Lynn
12:15-1:15 PM	Karma Yoga	Lynn
4:30-5:30 PM	Karma Yoga @ Wall	Nancy
5:45-6:45 PM	Vinyasa	Katherine
7:15-8:15 PM	Karma Yoga - Donation	Katherine

TUESDAY

8:15-9:15 AM	KY@ Wall 2 - Donation	Nancy
9:30-11:00 AM	Vinyasa	Michael
11:15-12:00 PM	Yoga w Weights	Shelley
12:15-1:30 PM	Anusara Foundations	Sara
4:30-5:30 PM	Karma Yoga	Marianne
5:45-6:45 PM	Gentle Karma Yoga	Lynn
7:15-8:45 PM	Anusara Intermediate	Sara

WEDNESDAY

7:00-8:00 AM	Short Form Ashtanga	Lori
8:15-9:15 AM	Karma Yoga	Nick H
9:30-11:00 AM	Vin-Yin Yoga	Susann
11:15-12:00 PM	Gentle Karma Yoga	Marianne
12:15-1:15 PM	Karma Yoga	Marianne
4:45-5:30 PM	Karma Kids Yoga	Marnie
5:45-6:45 PM	Vinyasa	Ellena
7:15-8:15 PM	Karma Yoga	Nick N

THURSDAY

8:15-9:15 AM	Karma Yoga 2	Susann
9:30-11:00 AM	Vinyasa	Michael
11:15-12:00 PM	Yoga w Weights	Mary
12:15-1:30 PM	Yoga Foundations	Amanda
4:30-5:30 PM	Karma Yoga	Nancy
5:45-6:30 PM	Karma Kids	Marnie
7:15-8:45 PM	Anusara Intermediate	Natalie

FRIDAY

7:00-8:00 AM	Short Form Ashtanga	Nick N
8:15-9:15 AM	Karma Yoga	Susann
9:30-11:00 AM	Anusara Advanced	Sara
11:15-12:00 PM	Gentle Karma Yoga	Lynn
12:15-1:15 PM	Karma Yoga	Lynn

SATURDAY

8:15-9:15 AM	Karma Yoga	Katherine
9:30-11:00 AM	Vinyasa - Donation	Katherine
11:30-12:45 PM	Karma Yoga	Debbie
4:30-5:45 PM	Anusara Foundations	Sara

SUNDAY

8:15-9:15 AM	Karma Yoga @ Wall	Nancy
9:30-10:30 AM	Vinyasa - Donation	Ellena
11:30-12:30 PM	Karma Yoga	Nancy
12:45-2:15 PM	Anusara Intermediate	Natalie
3:15-4:15 PM	Karma Yoga @ Wall	Debbie
4:30-5:30 PM	Short Form Ashtanga	Lori

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