

SADHANA (PRACTICE) SCHEDULE as of 01/01/09

* Recommended for beginning students.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am Short Form	6 - 8 am Sunrise Practice		6 - 8 am Sunrise Practice	7 am Short Form		
8:15 AM Karma Yoga*	8:15 AM KY at wall 2 <i>new!</i>	8:15 AM Karma Yoga 2*	8:15 AM Karma Yoga 2*	8:15 AM Karma Yoga*	8:15 AM Karma Yoga*	8:15 AM KY at the wall *
9:30 AM Anusara (Adv) (90 min)	9:30 AM Vinyasa (Adv) (90 min)	9:30 AM Align w/ Heart (Foundations*) (75 min)	9:30 AM Anusara (Adv) (90 min)	9:30 AM Vinyasa(Adv) (75 min)	9:30 AM Vinyasa (Adv) (90 min)	9:30 AM Vinyasa (Intermediate) (60 min)
11:15 AM Gentle Karma*	11:15 AM GK w/ weights* <i>new!</i>	11:15 AM Gentle Karma*	11:15 AM GK w/ weights* <i>new!</i>	11:15 AM Gentle Karma*	11:30 AM Karma Yoga* (75 min)	11:30 AM Karma Yoga*
12:15 PM Karma Yoga*	12:15 PM Anusara* (Foundations) (75 min)	12:15 PM Karma Yoga*	12:15 PM Align w/ Heart* (Foundations) (75 min)	12:15 PM Karma Yoga*		12:45 PM Anusara (Int) (90 min)
4:30 PM KY at the wall*	4:30 PM Karma Yoga*	4:45 PM** Karma Kids	4:30 PM Karma Yoga*		4:30 PM Anusara* (Foundations) (75 min)	3:15 PM <i>new!</i> KY at the wall* (Sept - May)
5:45 PM Vinyasa (Adv)	5:45 PM Gentle Karma	5:45 PM Vinyasa (Intermediate) <i>new!</i>	5:45 PM Karma Kids**		6:30PM Partner Yoga**	4:30 PM Short Form (Sept - May)
7:15 PM Karma Yoga*	7:15 PM Anusara (Int) (90 min)	7:15 PM Karma Yoga*	7:15 PM Anusara (Intermediate) (90 min)			

** Pre-registration required, call to register
Karma Kids and Gentle Karma classes are 45 minutes

All classes are 60 minutes unless otherwise specified.
Teachers subject to change. Check website for up-to-date info.

class prices

Prices / Packages

* All packages are nontransferable

*Senior Discount
10% off 12 & 24 series

*Yoga Ed.™ Teacher Outreach Program - 10% off 12 & 24 series (w/valid Teacher ID)

First Class Free!
(new students only, restrictions apply)

Walk-in \$16
Includes buy 5 get 1 class free card

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)

Student Teacher Class Walk-in \$8.00

Students 13 - 17 yrs. old / Seniors: \$13

private instruction

On-Site \$80 / hour **In-Class** \$110 / hour

Off-Site \$110 / hour

Yoga Therapy Contact Lynn Medow - lymedow@karma-yoga.net

karma kids

Group Session:

8 week sessions, \$96 per child. Classes are 45 minutes. Advanced registration and payment is required. Discounts available for families registering 2 or more children/classes per session. Register early!!

-Please inquire for summer programs-

Winter classes begin Jan 14th & 15th!

karma etiquette:

- Please arrive 10 minutes before class.
- Please refrain from eating 2 hours before class.
- Please do not wear fragrances or lotions.
- Please let your teacher know about any prior injuries or if you are pregnant.
- Please turn off any cell phones or pagers before class begins.
- Noble Silence: Please refrain from talking inside the yoga room.
- Late arrival policy: no students admitted after 10 minutes.
- Please be mindful and do not leave class during savasana.