

Santosha Yoga Coupon

New Students 1st class FREE with class card purchase.
Returning students receive 10% off next class card when they refer a friend who signs up for classes.

Santosha School of Yoga
 410-857-0890 or 877-347-7119
 santoshaschool.com

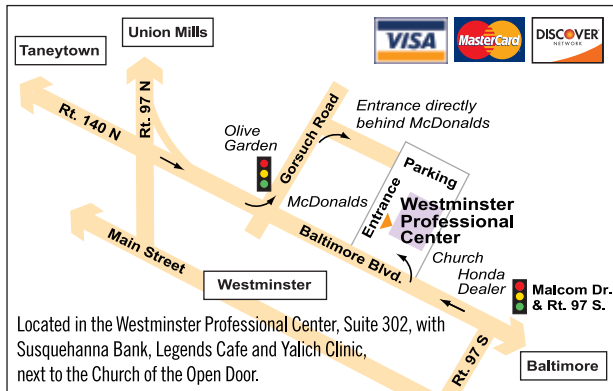
532 Baltimore Blvd., Suite 302, Westminster, MD 21157



Learn Yoga Today!



Online Registration – No Membership Fees – Drop-In Classes



Please recycle this brochure (after you are through with it) by giving it away to someone else who may be interested in yoga. We care about our environment, please recycle!

Yoga

Feel Contentment Today!



Improve your Health & Happiness

- Health • Vitality • Stress Reduction • Improve Balance
- Relieve Back Tension • Strengthen and Stretch • Wellness
- Individual Attention • Experienced-Certified Instructors

santosha
 school of yoga 

Since 2003 Exclusively Instructing Yoga

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YOGA PRIMARY See website for registration details
No prior yoga experience necessary. A beginning level class suitable for all ages and fitness. This is a 6 week class series. Pre-Registration required with fee.

- Monday evenings** *(Dates Vary)* **5:30pm-6:45pm**
- Saturday mornings** *(Dates Vary)* **11:45am-1:00pm**
- Thursday evenings** *(Dates Vary)* **7:00pm-8:30pm**

YOGA I FUNDAMENTALS

Beginners and continuing students introduced to principles of alignment and breathwork, primary poses, variations and yoga basics, including use of props. Students enjoy taking Yoga I over several sessions.

- Monday evenings** **7:00pm-8:15pm**
- Wednesday evenings** **6:30pm-7:45pm**
- Wednesday mornings** **9:30am-11:0am**
- Thursday evenings (Yoga I/II)** **7:00pm-8:30pm**

YOGA II TRANSITIONS Intermediate level. Continuing students who are comfortable with Yoga I level or who have prior Yoga experience. Refining poses, building endurance and strength. Introducing Yoga II poses, flow and variations.

- Thursday evenings (Yoga I/II)** **7:00pm-8:30pm**

YOGA II/III EXPLORATIONS

Students practicing for at least 6 months with Yoga II classes or equivalent. Deeper breath work, flow and holding poses longer to extend range of exploration within students body/mind connection.

- Saturday mornings** **10:00am-11:30am**

VINYASA FLOW YOGA II/III

Students practicing for at least 1 year and are familiar with basic yoga poses. Poses flow together and are held for varying lengths of time. Enhance your strength and build flexibility.

- Tuesday evenings** **7:00pm-8:30pm**

CLASS FEES <i>Register or Drop-In classes</i>	
10 class card	\$126 <i>Valid 4 months (\$12.60 per class)</i>
6 class card	\$88 <i>Valid 3 months (\$14.67 per class)</i>
3 class card	\$45 <i>1st Time Students (\$15.00 per class)</i>
1 class	\$17 <i>Drop-In rate</i>
<i>Accepting Check, Cash, VISA, MC and Discover (PayPal/Amex online)</i>	

ENERGY YOGA II/III

Students with at least 9 months or more of yoga experience. This class addresses the physical body building strength and increasing flexibility and at the same time this class builds our awareness of yoga to include the energetic body.

- Tuesday mornings** **9:00am-10:30am**

RISE AND SHINE YOGA I/II

A gently guided morning series of postures directed to enliven the body while stretching and flexing the muscles and joints. Light to medium practice intensity with focused breathing to leave you feeling invigorated, calm and refreshed.

- Wednesday mornings** **6:30am-7:30am**

RESTORATIVE YOGA

Appropriate anyone who has particular health issues or limitations. Good for older adults, as well. Focuses on the restorative and renewing nature of yoga to reduce stress and promote relaxation. Students will increase freedom of movement, extension in the joints and range of motion. Modifications of postures are demonstrated as they are needed.

- Monday afternoons** **1:30pm-3:00pm**

PREGNANCY YOGA

Gentle and flowing class for pregnant women. We focus on postures that support, tone, and strengthen abdominal and pelvic floor toning. Breath and body connections to relax and rejuvenate. Beginner and experienced students welcome.

- Thursday mornings** **10:40am-11:55am**

PRIVATE CLASSES

Individual or groups of 2 to 12. New students will learn yoga wellness tailored for your body. Customized sessions for weight loss specific yoga program or the self conscious. Familiarize yourself with the practice before joining our regular classes. Our personalized instructor to student attention will help you develop and expand and deepen your yoga practice. Reach your wellness goals, whether they be therapeutic recovery or more focused flowing sessions. Multi-session discounts

By appointment only, starting at \$65 per session