



Sage Yoga Studio Summer

Armonk
Effective July 5, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am		Vinyasa Yoga Diane 1-2		Vinyasa Yoga Laurie 1-2	7am to 8am Men's Yoga Colleen 1-2		
8:15am	Yoga Diane 1-2	8:30am Yoga Colleen 1-2	Vinyasa Yoga Roey 1-2-3	Vinyasa Yoga Colleen 2-3	Yoga & Meditation 90 minutes Laurie 1-2	8:00am Pilates w/ Props Ellen 1-2-3	8:30am Yoga 90 minutes Susan 2-3
9:30am	Yoga 90 minutes Susan 2-3	9:45am Yoga 90 minutes Colleen 2-3	Yoga 90 minutes Osi 2-3	9:45am Yoga for Athletes 75 minutes Susan 1-2	10:00am Yoga 90 minutes Wendy 1-2-3	9:00am Yoga 90 minutes Annie 2-3	
11:30am	Yoga 75 minutes Jen 1	Pilates w/ Props Merle 2-3	Beginner Yoga 75 minutes Helena 1		11:45am Gentle Yoga Jen 1-2	10:30am Yoga 90 minutes Annie 1-2-3	11:00am Yoga 75 minutes Laurie Open level
12:30am				The Practice 120 minutes Susan 3			
4:00pm	Vinyasa Yoga 75 minutes Susan 1-2	Yoga 90 minutes Annie 1-2-3	5:15pm Open Level Yoga 75 minutes Dorothy 1-2-3	Yoga 90 minutes Kathleen 1-2-3			
6:00pm		Yoga for Athletes 75 minutes Annie 1-2		Yoga for Athletes 75 minutes Colette 1-2			
7:15pm			Yoga 75 minutes Annie 1-2-3				
7:30pm				Vinyasa Yoga 75 minutes Liz 1-2-3			

THE GYM, Armonk
99 Business Park Drive
Armonk NY, 10504
(914) 219-1601

www.GetToTheGym.com

Club Hours:

Monday - Thursday 5:00am - 10:00pm
Friday 5:00am - 9:00pm
Saturday 6:00am - 5:00pm
Sunday 7:00am - 4:00pm

Playroom Hours:

Sunday - Friday 8:00am - 1:30pm
Saturday 7:30am - 1:30pm
Tuesday- Friday 3pm - 7:30pm
Monday 1:30pm - 7:30pm

Class Levels:

Level 1 = Beginner
Level 2 = Intermediate
Level 3 = Advanced

Sage Yoga at The Gym

Welcome to *Sage Yoga at The Gym*, an Anusara Yoga Studio within a beautiful health club. This style of Hatha Yoga was developed by Master Yogi John Friend. Hatha Yoga emphasizes health and well being through breathing exercises, postures (known as Asanas) and concentration. More specifically, Anusara means “flowing with grace”, “going with the flow” or “following your heart”. The clear principles of alignment that is essential to Anusara honor the individual student with a celebration of the heart.

The instructors of *Sage Yoga at The Gym* are well trained to make your Yoga experience fun, dynamic and safe. Anusara Yoga is a physically challenging style if Yoga. There are different class levels to help you choose the best classes for your needs.

Basics:

This teaches alignment for basic postures and is appropriate for all levels.

Level 1:

This is a beginner level for those new to yoga or those who like a slower approach.

Level 1-2:

This class is at a faster pace for strength-building, endurance and flexibility.

Level 2-3:

Assumes awareness of alignment for basic postures and the ability to do backbends and inversions (Intermediate – advanced)

Vinyasa

Flowing postures with the breath (This is best for level 1+, 2 or 3)

Teacher Practice

For those students with a strong knowledge of Yoga, join the teachers for an open practice. If you are uncertain if this is appropriate for you, please contact Susan Rubin. This class is complimentary to all yoga teachers.

Musical Vinyasa Yoga

Yoga set to music open to all levels.

THANK YOU,

for arriving to class on time and not walking barefoot around the facility.