



CENTERED
CITY YOGA™
a dana baptiste studio

9th and 9th SCHEDULE
EFFECTIVE
March 1 – April 30 2010



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<u>Monday</u>			<u>STUDIO</u>
6 am	Power Hour	Carrie	Surya
8:40 am	Power 1	Kim	Surya
10:05 am	Restore	Scott	Surya
NOON	Express	Jim	Surya
4:15 pm	Core	Carrie	Surya
4:15 pm	YIN YOGA	Sarah-Elizabeth	Chandra
5:40 pm	Power 1	Scott	Surya
5:45 pm	Astanga	Jeff	Chandra
7:15 pm	Yoga for Climbers	Lizzy	Surya
7:30 pm	Restore	Kate	Chandra
8:30 pm	Power, Unplugged	Sheldon	Surya

<u>Tuesday</u>			<u>STUDIO</u>
6 am	Power Hour	John	Surya
9:15 am	Power 1 & 2	Dana	Surya
11 am	Soft Flow	John	Surya
1:45 pm	Power Hour	Lizzy	Surya
4 pm	Forrest Yoga	Brande	Chandra
4:40 pm	Stiffer Bodies	Lucy	Surya
5:40 pm	Core	Lizzy	Chandra
6:00 pm	Power 1 & 2	Stephen	Surya
7:15 pm	Yoga for Skiers	Lizzy	Chandra
7:40 pm	Express	Gentri	Surya
8:30 pm	Power Hour	Kim	Surya

<u>Wednesday</u>			<u>STUDIO</u>
6 am	Power Hour	Kim	Surya
8:40 am	Core	Kim	Surya
9 am	Pranayama	Chris	Chandra
10:05 am	Stiffer Bodies	Lucy	Surya
NOON	Express	John	Surya
2 pm	Yoga in Chinese	YuChin	Chandra
4:15 pm	Prenatal	Sarah	Surya
4:15 pm	Restore	Carrie	Chandra
5:40 pm	Core	Dana	Surya
5:45 pm	Fundamentals	Lizzy	Chandra
7:05 pm	Power 1	Kimmy	Surya
7:15 pm	YIN YOGA	Lucy	Chandra
8:30 pm	Power, Unplugged	Sheldon	Surya
8:30 pm	The Resistance	Aaron	Chandra

<u>Thursday</u>			<u>STUDIO</u>
6 am	Power Hour	Scott	Surya
9:15 am	Power 1 & 2	Dana	Surya
9:30 am	YIN YOGA	Lucy	Chandra
11 am	Soft Flow	Carrie	Surya
1:45 pm	Power Hour	Lizzy	Surya
4pm	Forrest Yoga	Brande	Chandra
4:40 pm	Stiffer Bodies	Kim	Surya
6:00 pm	Power 1 & 2	Stephen	Surya
6:00 pm	Pranayam/Meditation	Erin	Chandra
7:15 pm	Core Basics	Lizzy	Chandra
7:40 pm	Express	Gentri	Surya
8:30 pm	Power Hour	Kim	Surya

<u>Friday</u>			<u>STUDIO</u>
6 am	Power Hour	Kim	Surya
8:40 am	Power 1	Kim	Surya
9 am	Prenatal	Lin O.	Chandra
10:05 am	Restore	Scott	Surya
NOON	Express	Chase	Surya
2 pm	Yoga in Chinese	YuChin	Chandra
4:15 pm	Core	Kim	Surya
4:15 pm	Restore	Kimmy	Chandra
5:40 pm	Power 1	Scott	Surya
5:45 pm	Astanga	Jeff	Chandra

<u>Saturday</u>			<u>STUDIO</u>
7:30 am	Stiffer Bodies	Scott	Surya
8 am	Forrest Yoga	Brande	Chandra
9 am	Power 1	John	Surya
10:20 am	Restore	Carrie	Surya
11:40 am FREE	Intro to Yoga	Staff	Chandra
5:30 pm	Power Hour	John	Surya
5:30 pm	Yoga Kids	Claudette	Chandra
6:30 pm	YIN YOGA	Sarah-Elizabeth	Surya

<u>Sunday</u>			<u>STUDIO</u>
7:30 am	Power Hour	Carrie	Chandra
8:30 am	Core	Dana	Surya
9:00 am	Pranayama	Sheldon	Chandra
10 am	Power 1 & 2	Dana	Surya
10:15 am	Restore	Kim	Chandra
Noon	Prenatal	Lara/Sarah	Surya
4:15 pm	Restore	Kate	Surya
5:30 pm	Power, Unplugged	Lizzy	Surya
5:30 pm FREE	Intro to Yoga	Staff	Chandra
7:15 pm	Forrest Yoga	Bronwen	Surya

Prices

Drop In: \$12 a class OR Express Drop In: \$8 a class

5 class card: \$55 OR 5 class Express card: \$30

10 class card: \$100

20 class card: \$160

Monthly Unlimited: \$125 OR \$110 AUTO PAY

Teachers & Single Parents: \$55 for 10 or \$100 for 20

918 E. 900 S. Salt Lake City 801-521-9642

Centered City Yoga Class Descriptions:

entry level classes:

Intro to Yoga: A free, fun, and friendly class to demystify “yoga and bring familiarity to the next class you take. (75 min.)

Fundamentals: Establishes the basics for your practice in a slower workshop setting; a chance to ask questions and get in depth information while still enjoying the workout. (75min.)

Core Basics: An in-depth look at your center – the perfect “preparation” for the more advanced CORE class. (75 min.)

all levels classes:

Pranayama: An hour of pure power breathing. Guaranteed this class will surprise you. Too many benefits to list! (60 min.)

Restore: Restore energy, vitality, mobility and more in this gentle viniyoga based class. Get loose and relaxed! (85 min.)

Express: A lunch hour class to energize your day! (45 min.)

Soft Flow: Traditional yoga poses linked together with gentle flowing transitions to leave you energized and massaged. (85 min.)

Yin Yoga: Targets connective tissue. Nurtures healing by holding poses for increased duration. A slow, deep stretch. (75 min)

specialty classes:

Astanga: Sri K. Pattabhi Jois unique viniyasa series. (90 min.)

Forrest Yoga: Ana Forrest’s intense sequencing -- a challenge (90)

Prenatal/Postnatal: For moms to be & brand new moms! (75 min.)

Yoga Kids: Fun yoga for children ages 4 -9. (60 min.)

Power Hour 4 Men: Reserved for just the men folk. (60 min.)

Yoga for Climbers: Strengthen your core, open your hips, and stretch your hands and feet. Assymetry is stressed. (85m)

Yoga for Cyclists: Chest openers, core strengtheners, deep stretches for the lower body, magic mobility for your lower back. The perfect cross training workout for you! (85 min.)

Stiffer Bodies: Dynamic flow series followed by deep overall stretching for the stiff body. Unleash your flexibility! (75 m)

Yoga for Chinese Speakers: Bring the whole family! For anyone who speaks Chinese, or who wants to learn! (60 min.)

Core: Move from your center, get stronger from the inside out, challenge your proprioceptive body. Work your abs, your back and your buns! Assymetrical poses challenge the mind as well. **Most concentrated class on schedule!** (75 m)

THE RESISTANCE: OUR NEW CLASS, USE YOGA TO BALANCE YOUR STRENGTH. (90 min).

progression of power classes:

Power Hour: One hour of non-stop viniyasa flow. (60 min.)

Power One: Movement linked with breath to work your entire body, refresh your mind, and soothe your spirit. (75 min.)

Power, Unplugged: Power class, only groovier. Move at a slower pace, hold poses longer, revel in your breath more. (75 min.)

Power 1 & 2: Still that same movement linked with breath, a tad (okay, maybe more than a tad) more challenging. (85 min.)

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www.centeredcityyoga.com



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March/April Schedule of Events

March Madness! April Foolin'!

March is packed full of workshops! Too many to list here, but here are a few of the offerings. Why do we do this in March? To have our own version of March Madness . . .

Yoga Style.

Yoga for Dancers

Yoga Electives (four hour in-depth immersion classes!)

Yoga and the Language of the Heart

Love your Body

Inversion Workshop

Open your Hips

Fundamentals Workshop

Breathing Circle

Community Class

April is Easter month!

We start off Easter Weekend with

Cirque de Soleil Yoga (ask John!)

And a special Easter class with D’ana 9 – 11 am

Then later in the month, another breathing circle w/Jim

Yoga and the Language of the Heart w/Carrie

Backbends and Inversions with Brande

Love Your Body workshop with Erin and Sarah

Community Class

AND the Transformative Yoga Retreat with D’ana

All workshops are \$20 unless otherwise noted. Look for more detailed descriptions, locations, and times online or in studio.

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