



dayaalu
CENTER

Fall Schedule

ONGOING CLASSES

Visit www.dayaalucenter.com to learn more about workshops, series, trainings & events!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
	7:30 - 8:30 am SUNRISE YOGA (A) Jackie Elliott		7:30 - 8:30 am SUNRISE YOGA (A) Jackie Elliott	7:45 - 8:45 am QIGONG (A) Stephen Brown		
	8:00- 8:45am MANTRA & MUSIC (A) Ann Strickland		8:45 - 9:45 pm HEART OF YOGA (A) Jackie Elliott			
9:00 - 10:15 am SHAKTI STRONG (I) Jeny Rae	9:00 - 10:15 am HATHA FLOW (A) Michele Rizza	9:00 - 10:15 am INTEGRAL YOGA (A) Sue Steindorf	9:00 - 10:15 am HATHA FLOW (A) Susan James	9:00 - 10:15 am HATHA FLOW INTERMEDIATE Emily Silver	9:00 - 10:15 am SOUND FLOW (A) Yoga+Live Music	9:00 - 10:15 am HATHA-IYENGAR (A) Karen Cornell
10:30 - 11:45 am KUNDALINI YOGA (A) Shannon Dorsey	10:30 - 11:30 am PILATES (A) Meridith Fiscus	10:30 - 11:45 am SHAKTI STRONG (I) Jeny Rae	10:30 - 11:45 am YIN YOGA (B) Susan James	10:30 - 11:45 am GENTLE YOGA (B) Helen Heaslip		
12:00 - 1:00 pm HATHA FLOW (A) Emily Silver	12:00 - 12:30 pm MEDITATION** Karen Blochlinger	12:00 - 1:00 pm HATHA FLOW INTERMEDIATE Helen Heaslip				
1:15 - 2:30 pm GENTLE YOGA (B) OR YIN & YOGA NIDRA Sue Steindorf		1:15 - 2:30 pm GENTLE YOGA (B) Helen Heaslip				
3:45 - 4:45 pm RESTORATIVE YOGA (B) Emily Silver	3:45 - 4:45 pm YIN YOGA (B) Danielle Sigrist	3:45 - 4:45 pm KID YOGA - 5-9YO (A) Sue S. & Danielle S.	3:45 - 4:30 pm YOGA -SPECIAL CHILD Sue Steindorf & Helen			
	5:00- 6:15 pm HATHA FLOW (A) Helen Heaslip		5:00- 6:15 pm HATHA FLOW (A) Helen Heaslip			
		6:30 - 8:30 pm ACUPUNCTURE CLINIC ** Liza Pascal/Ayan Rivera (Arrive no later than 8pm)		6:30 - 8:00pm HATHA-IYENGAR (A) Karen Cornell (October Only)		

A - All Levels // B - Beginners/All Levels // I - Intermediate // ** Suggested donation classes

No pre-registration required for classes // Mats available

Drop-in Rates:

\$18 per class / \$16 for Students/Seniors

New Student Offer: (local residents only)
\$40 - 2 weeks unlimited classes

Punchcards:

10 Classes (individual) \$150

10 Classes Students/Seniors \$130
20 Classes (good for family) \$260

Monthly Unlimited Yoga Classes:

Six-month auto pay-auto renew \$120

No contract- no auto renew \$140