



Summer Schedule

ONGOING CLASSES

Workshops, Series & Events on back

Visit www.dayaalucenter.com for the latest information

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
	7:30 - 8:30 am SUNRISE YOGA (A) Jackie Elliott	6:30 - 7:30 am EARLY BIRD HATHA FLOW (A) Danielle Sigrist	7:30 - 8:30 am SUNRISE YOGA (A) Daniel Alcylene	7:45 - 8:45 am QIGONG (A) Stephen Brown		
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 Dayaalu Teachers	9:00 - 10:30 am SOUND FLOW (A) WITH LIVE MUSIC Jeny Rae & Jon Crane	9:00 - 10:30 am HATHA-IYENGAR (A) Karen Cornell
10:30 - 11:45 am KUNDALINI YOGA (A) Shannon Dorsey	10:30 - 11:45 am RESTORATIVE YOGA (B) WITH SINGING BOWLS Kym Detwiler	10:30 - 11:45 am SHAKTI STRONG (I) Jeny Rae	10:30 - 11:45 am YIN+YOGA NIDRA (B) Sue Steindorf	10:30 - 11:30 am CORE FUSION Rachel Alcylene		
	12:00 - 1:00 pm HATHA FLOW (A) Tasha Roth	12:00 - 1:00 pm CHANTING CIRCLE**	12:00 - 12:30 pm MEDITATION** Karen Blochlinger			
1:15 - 2:30 pm GENTLE YOGA (B) Helen Heaslip		1:15 - 2:30 pm GENTLE YOGA (B) Helen Heaslip		1:15 - 2:30 pm GENTLE YOGA (B) 1st/3rd Fri. - Sue S. YIN+YOGA NIDRA (B) 2nd /4th Fri.- Sue S.		
5:30- 6:45 pm HATHA FLOWGLOW (A) Daniel Alcylene	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 COMMUNITY ACUPUNCTURE CLINIC ** Liza Pascal & Ayan Rivera (Note: Must arrive no later than 8pm)	7:00 - 8:30 pm HATHA-IYENGAR (A) Karen Cornell (July Only)			

A - All Levels // B - Beginners // 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

[Purchase punchcards and monthly unlimited options online](#)

Punchcards:

10 Classes (individual) \$150

10 Classes Students/Seniors \$130

20 Classes (good for family) \$260

Monthly Unlimited Yoga Classes:

Six-month auto pay contract \$120

No contract- no auto renew \$140

Summer Special! \$230- for 2 months
unlimited classes July & August