

# DECEMBER 2011

(pricing/classes/events subject to change, please refer to [www.bys-yoga.com](http://www.bys-yoga.com) for updates)



"one kind word can warm three winter months."

-Japanese proverb

1113 East Carson Street - 3rd Floor  
Pittsburgh's Historic South Side  
[www.bys-yoga.com](http://www.bys-yoga.com)  
412/481.YOGA (9642)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-11:30 am OPEN w/ Anna 4 11:45 am - 1:15 pm BASICS w/ Jenn 1:30 - 5 pm THAI YOGA MASSAGE WORKSHOP w/ Sunny Klaber 5:30-7 pm YIN w/ Valerie	12:15 - 1 pm OPEN w/ Lori 5 5:45 - 7:15 pm OPEN w/ Kristi 7:30 - 9 pm LEVEL 2 w/ Maggie	12 - 1 pm OPEN w/ Jenn 6 5:45 - 7:15 pm OPEN w/ Anna 7:30 - 9 pm OPEN w/ Anna	6:30-7:45 am OPEN w/ Lisa 7 11:15 am - 12 pm OPEN w/ Kristen 5:45 - 7:15 pm BASICS w/ Lori 7:30 - 9 pm OPEN w/ Lynn	9:30 - 11 am OPEN w/ Lynn 8 5:45 - 7:15 pm OPEN w/ Alana 7:30 - 9 pm CHAKRA FLOW/ KUNDALINI w/ Kendell	10-11:30 am OPEN w/ Maggie 2 12 - 1 pm OPEN w/ Maggie 6:30 - 8 pm BENEFIT YOGA SERIES for the ZIA Project w/ Sunny Klaber (guest instructor)	8:15 - 9:45 am BASICS w/ Kristi 3 10 - 11:30 am LEVEL 2 w/ Anna 11:45 am - 1:15 pm CAPOEIRA w/ Tasha 1:30 - 5 pm THAI YOGA MASSAGE WORKSHOP w/ Sunny Klaber 6:30 - 9:30 pm CAPOEIRA PARTY/EVENT
10-11:30 am OPEN w/ Anna 11 11:45 am - 1:15 pm BASICS w/ Paul 1:30 - 3:15 pm 2nd SUNDAYS with SUSIE w/ Susie Popovich 5:30-7 pm RESTORATIVE w/ Kristen	12:15 - 1 pm OPEN w/ Lori 12 5:45 - 7:15 pm OPEN w/ Kristi 7:30 - 9 pm LEVEL 2 w/ Maggie	12 - 1 pm OPEN w/ Jenn 13 5:45 - 7:15 pm LEVEL 2 w/ Kristi 7:30 - 9 pm OPEN w/ Anna	6:30-7:45 am OPEN w/ Lisa 14 11:15 am - 12 pm OPEN w/ Kristen 5:45 - 7:15 pm BASICS w/ Lori 7:30 - 9 pm OPEN w/ Lynn	9:30 - 11 am OPEN w/ Lynn 15 5:45 - 7:15 pm OPEN w/ Jenn 7:30 - 9 pm CHAKRA FLOW/ KUNDALINI w/ Kendell	10 - 11:30 am OPEN w/ Maggie 16 12 - 1 pm OPEN w/ Maggie 6:30 - 8 pm YOGARHYTHMICS* w/ Nicole	8:15 - 9:45 am BASICS w/ Kristi 17 10 - 11:30 am LEVEL 2 w/ Anna 11:45 am - 1:15 pm CAPOEIRA w/ Tasha 1:30 - 3 pm CHAKRA FLOW/KUNDALINI w/ Kendell
10 - 11:30 am OPEN w/ Anna 18 11:45 am - 1:15 pm BASICS w/ Jenn 5:30-7 pm YIN w/ Valerie *candlelight class*	12:15 - 1 pm OPEN w/ Lori 19 6:30 - 8 pm OPEN w/ Kristi *candlelight class*	12 - 1 pm OPEN w/ Jenn 20 6:30 - 8 pm OPEN w/ Mollie McClelland (guest instructor) *candlelight class*	6:30-7:45 am OPEN w/ Lisa 21 11:15 am - 12 pm OPEN w/ Kristen 6:30 - 8 pm OPEN w/ Lori *candlelight class*	9:30 - 11 am OPEN w/ Lynn 22 6:30 - 8 pm WINTER SOLSTICE CHAKRA FLOW/ KUNDALINI w/ Kendell *candlelight class*	10 - 11:30 am OPEN w/ Maggie 23 12 - 1 pm OPEN w/ Maggie	10 - 11:30 am OPEN w/ Kristi 24 *candlelight class*
no classes 25	12:15 - 1 pm OPEN w/ Lori 26 6:30 - 8 pm OPEN w/ Maggie *candlelight class*	12 - 1 pm OPEN w/ Jenn 27 6:30 - 8 pm OPEN w/ Kristi *candlelight class*	6:30-7:45 am OPEN w/ Lisa 28 11:15 am - 12 pm OPEN w/ Kristen 6:30 - 8 pm OPEN w/ Lynn *candlelight class*	9:30 - 11 am OPEN w/ Lynn 29 6:30 - 8 pm OPEN w/ Alana *candlelight class*	10 - 11:30 am OPEN w/ Maggie 30 12 - 1 pm OPEN w/ Maggie	10 - 11:30 am OPEN w/ Anna 31

## PRICING

BYS Yoga ACCEPTS CASH, CHECKS, DISCOVER, VISA & MASTERCARD

### SINGLE CLASSES:

- \$5 - introductory - new students
- \$9 - drop-in student/senior (w/ college ID or age 60+)
- \$13 - drop-in regular

### CLASS PACKAGES: (valid for 6 months)

- \$44 - 4 classes (\$11/class)
- \$80 - 8 classes (\$10/class)
- \$108 - 12 classes (\$9/class)

### UNLIMITED CLASS PASSES:

- 1 month unlimited (31 days)  
\$70 - student/senior (w/ college ID or age 60+)  
\$85 - regular
- 3 months unlimited (92 days)  
\$180 - student/senior (w/ college ID or age 60+)  
\$210 - regular

## GIVE THE GIFT OF INNER PEACE

gift certificates available

save the date

NEW YEAR: RENEWED

Friday, January 6<sup>th</sup> 2012

## CLASS DESCRIPTIONS

### BASICS

Perfect for the **new student** just beginning the study of yoga or for **any student** who would like to slow down and reinvestigate their practice. This class will concentrate on fundamental hatha yoga postures with an emphasis on basic breath support, alignment, and appropriate modifications. (on-going)

### OPEN

This class will guide **all levels** of students (beginner and up) through a well-rounded practice including seated meditation, pranayama, (breathing exercises), and a flowing asana practice exploring variations of Surya Namaskara (Sun Salutation), a wide range of standing and seated poses, and beginning arm balances and inversions. (on-going)

### LEVEL 2

A fun, challenging, and flowing class for **intermediate to intermediate/advanced** level students working to deepen their practice. Seated meditation, pranayama (breathing exercises), Surya Namaskara (Sun Salutation) variations, core strengthening, and a wide range of standing and seated postures, arm balances, and inversions will be included. Previous yoga experience recommended. (on-going)

### CHAKRA FLOW/KUNDALINI

Designed to open and balance the 7 main centers within the body - known as Chakras or energy "wheels," these classes include variations of Surya Namaskara (Sun Salutations) and uplifting Kundalini Yoga exercises, mantras and meditations to bring you to a place of wholeness. A fun flowing class for **all levels.** (on-going)

### YIN

Suitable for **most levels** of students, Yin Yoga generally targets the connective tissues (ligaments, bones, and joints) of the hips, pelvis, and lower spine through relaxation and meditation in seated postures. Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat and the lengthening/contracting of our muscles. (held on only 12/4 & 12/18)

### RESTORATIVE

This **all levels** restorative practice will include "active relaxation" - supporting the body with blankets, blocks, and other props to support postures which are held for several minutes. This alternately stimulates and relaxes the body allowing it to move towards balance. This practice is very beneficial to health, can reduce the effects of stress-related disease, and will leave you nourished and well rested. (held only 12/11)

### YOGARHYTHMICS\* - COMMUNITY CLASS

YogaRhythmics\* combines yoga postures, breathwork, free-form movement, and creative play in one exhilarating class. You will leave feeling refreshed - awakening your inner child at times - with a big smile on your face. No dance or yoga experience required - just a willingness to move and BE MOVED! **Everyone welcome!** This is a donation based class and 50% of the proceeds will benefit a charity or non-profit. (held only 12/16)

### CAPOEIRA

Capoeira is a Brazilian martial art of music, movement, and rhythm - a constant flow of movement as players explore creative interactions that range from dance to fight within the musical circle known as the Roda. Students of Capoeira learn to play instruments and sing in Portuguese. It is a dance-like fight, a fight-like dance, a song, a way of life. Visit [the Unçao Capoeira Pittsburgh](http://theUnçaoCapoeiraPittsburgh) page on Facebook or [www.capoeirapittsburgh.wordpress.com](http://www.capoeirapittsburgh.wordpress.com) for more information. (separate pricing from BYY Yoga classes)

**All SPECIAL EVENTS are listed in bold on the calendar - please visit [www.bys-yoga.com](http://www.bys-yoga.com) for the full descriptions and pricing**