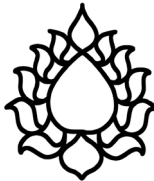


# DECEMBER 2018

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



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
 <b>SHARE THE GIFT OF YOGA</b> GIFT CERTIFICATES AVAILABLE!						8 - 9:15 am LEVEL 1 w/ Ashley  9:30 - 10:45 am LEVEL 2-3 w/ Alana  11 am - 12:15 pm LEVEL 1-2 w/ RaelLynn
9:30 - 10:45 am LEVEL 1-2 w/ Holly  11 am - 12:15 pm LEVEL 1 w/ Paul  5:30 - 7 pm <b>YIN YOGA</b> w/ Mary Anne	9:30 - 10:45 am LEVEL 1-2 w/ Vivian  12 - 1 pm LEVEL 1-2 w/ Lynn  6 - 7:15 pm LEVEL 1-2 w/ Kristen  7:30 - 8:45 pm LEVEL 2-3 w/ Alana	6:30 - 7:30 am LEVEL 1-2 w/ Meeraj  9:30 - 10:45 am LEVEL 1-2 w/ Kristi  12 - 1:15 pm LEVEL 1-2 w/ Amy (w/ optional meditation 1:15-1:30)  6 - 7:15 pm LEVEL 1-2 w/ Amy  7:30 - 8:45 pm LEVEL 1 w/ RaelLynn	12 - 1 pm LEVEL 1 w/ Levana  4:50-5:30 pm LEVEL 1 w/ Jerry  6 - 7:15 pm LEVEL 1-2 w/ Lynn  7:30 - 8:45 pm LEVEL 1-2 w/ Jesse	9:30 - 10:45 am LEVEL 1-2 w/ Stef  12 - 1:15 pm LEVEL 1-2 w/ Amy  6 - 7:15 pm LEVEL 1-2 w/ Alicia  7:30 - 8:45 pm LEVEL 1 w/ Paul	9:30 - 10:45 am LEVEL 1-2 w/ Maggie  12 - 1 pm LEVEL 1-2 w/ Ryan  6:30 - 7:30 pm <b>BENEFIT: ALL LEVELS</b> w/ Vivian (donation)	8 - 9:15 am LEVEL 1 w/ Ashley  <b>RAGHUNATH @ BYS</b> \$55 each or \$135 all day  9:30 - 11:30 am FLIGHT SCHOOL  1 - 3 pm BHAKTI YOGA 101  3:30-5:30 MAHA SADHANA  7:30 pm KIRTAN
9:30 - 10:45 am LEVEL 1-2 w/ Holly  11 am - 12:15 pm LEVEL 1 w/ Paul  1 - 1:45 pm (Ages 3-6) 2:30 - 3:30 pm (Ages 7-11) <b>FAMILY YOGA</b> w/ Paul (\$15/family)  5:30 - 7 pm <b>RESTORATIVE YOGA</b> w/ Paul	9:30 - 10:45 am LEVEL 1-2 w/ Vivian  12 - 1 pm LEVEL 1-2 w/ Lynn  6:30 - 8 pm ALL LEVELS w/ Levana <b>*CANDLELIGHT CLASS*</b>	6:30 - 7:30 am LEVEL 1-2 w/ Meeraj  9:30 - 10:45 am LEVEL 1-2 w/ Kristi  12 - 1:15 pm LEVEL 1-2 w/ Amy (w/ optional meditation 1:15-1:30)  6:30 - 8 pm ALL LEVELS w/ RaelLynn <b>*CANDLELIGHT CLASS*</b>	12 - 1 pm LEVEL 1 w/ Levana  4:50-5:30 pm LEVEL 1 w/ Jerry  6:30 - 8 pm ALL LEVELS w/ Lynn <b>*CANDLELIGHT CLASS*</b>	9:30 - 10:45 am LEVEL 1-2 w/ Stef  12 - 1:15 pm LEVEL 1-2 w/ Amy  6:30 - 8 pm ALL LEVELS w/ Paul <b>*CANDLELIGHT CLASS*</b>	9:30 - 10:45 am LEVEL 1-2 w/ Maggie  12 - 1 pm LEVEL 1-2 w/ Ryan  6:30 - 7:30 pm <b>BENEFIT: ALL LEVELS</b> w/ Angelina (donation)	8 - 9:15 am LEVEL 1 w/ Ashley  9:30 - 10:45 am LEVEL 2-3 w/ Alana  11 am - 12:15 pm LEVEL 1-2 w/ RaelLynn
9:30 - 10:45 am LEVEL 1-2 w/ Holly  11 am - 12:15 pm LEVEL 1 w/ Paul  5:30 - 7 pm <b>YIN YOGA</b> w/ Mary Anne	9:30 - 10:45 am LEVEL 1-2 w/ Vivian  12 - 1 pm LEVEL 1-2 w/ Lynn  6:30 - 8 pm ALL LEVELS w/ Kristen <b>*CANDLELIGHT CLASS*</b>	6:30 - 7:30 am LEVEL 1-2 w/ Meeraj  9:30 - 10:45 am LEVEL 1-2 w/ Kristi  12 - 1:15 pm LEVEL 1-2 w/ Amy (w/ optional meditation 1:15-1:30)  6:30 - 8 pm ALL LEVELS w/ Amy <b>*CANDLELIGHT CLASS*</b>	12 - 1 pm LEVEL 1 w/ Levana  4:50-5:30 pm LEVEL 1 w/ Jerry  6:30 - 8 pm ALL LEVELS w/ Jesse <b>*CANDLELIGHT CLASS*</b>	9:30 - 10:45 am LEVEL 1-2 w/ Stef  12 - 1:15 pm LEVEL 1-2 w/ Amy  6:30 - 8 pm ALL LEVELS w/ Alicia <b>*CANDLELIGHT CLASS*</b>	9:30 - 10:45 am LEVEL 1-2 w/ Maggie  12 - 1 pm LEVEL 1-2 w/ Ryan  6:30 - 8 pm <b>BENEFIT: YOGARHYTHMICS@</b> (ALL LEVELS) w/ Nicole (donation)	8 - 9:15 am LEVEL 1 w/ Ashley  9:30 - 10:45 am LEVEL 2-3 w/ Alana  11 am - 12:15 pm LEVEL 1-2 w/ RaelLynn
9:30 - 10:45 am LEVEL 1-2 w/ Holly  11 am - 12:15 pm LEVEL 1 w/ Paul  5:30 - 7 pm <b>YIN YOGA</b> w/ Mary Anne	9:30-11 am ALL LEVELS w/ Maggie  <b>CHRISTMAS EVE CLASS</b>  9:30-11 am ALL LEVELS w/ Alana  <b>NEW YEARS EVE CLASS</b>	9:30-11 am ALL LEVELS w/ Jerry  <b>CHRISTMAS DAY CLASS</b>	12 - 1 pm LEVEL 1 w/ Levana  4:50-5:30 pm LEVEL 1 w/ Jerry  6:30 - 8 pm ALL LEVELS w/ Jesse <b>*CANDLELIGHT CLASS*</b>	9:30 - 10:45 am LEVEL 1-2 w/ Stef  12 - 1:15 pm LEVEL 1-2 w/ Amy  6:30 - 8 pm ALL LEVELS w/ Holly <b>*CANDLELIGHT CLASS*</b>	9:30 - 10:45 am LEVEL 1-2 w/ Maggie  12 - 1 pm LEVEL 1-2 w/ Ryan  6:30 - 7:30 pm <b>BENEFIT: ALL LEVELS</b> w/ Ashley (donation)	8 - 9:15 am LEVEL 1 w/ Ashley  9:30 - 10:45 am LEVEL 2-3 w/ Alana  11 am - 12:15 pm LEVEL 1-2 w/ RaelLynn
9:30 - 10:45 am LEVEL 1-2 w/ Holly  11 am - 12:15 pm LEVEL 1 w/ Paul  5:30 - 7 pm <b>YIN YOGA</b> w/ Mary Anne	9:30-11 am ALL LEVELS w/ Maggie  <b>CHRISTMAS EVE CLASS</b>  9:30-11 am ALL LEVELS w/ Alana  <b>NEW YEARS EVE CLASS</b>	9:30-11 am ALL LEVELS w/ Jerry  <b>CHRISTMAS DAY CLASS</b>	12 - 1 pm LEVEL 1 w/ Levana  4:50-5:30 pm LEVEL 1 w/ Jerry  6:30 - 8 pm ALL LEVELS w/ Jesse <b>*CANDLELIGHT CLASS*</b>	9:30 - 10:45 am LEVEL 1-2 w/ Stef  12 - 1:15 pm LEVEL 1-2 w/ Amy  6:30 - 8 pm ALL LEVELS w/ Holly <b>*CANDLELIGHT CLASS*</b>	9:30 - 10:45 am LEVEL 1-2 w/ Maggie  12 - 1 pm LEVEL 1-2 w/ Ryan  6:30 - 7:30 pm <b>BENEFIT: ALL LEVELS</b> w/ Ashley (donation)	8 - 9:15 am LEVEL 1 w/ Ashley  9:30 - 10:45 am LEVEL 2-3 w/ Alana  11 am - 12:15 pm LEVEL 1-2 w/ RaelLynn

## PRICING

Regular class pricing applies unless noted otherwise.

**2 WEEKS UNLIMITED CLASS PASS**  
\$30 - INTRODUCTORY - New Students Only

**MONTHLY MEMBERSHIP**  
~ Unlimited classes  
~ 10% discount on workshops/boutique  
~ Recurring payment via credit card  
~ 3 month initial commitment/contract  
\$85 - Student/Senior/Military  
(w/ ID or age 60+)  
\$95 - regular

**1 MONTH UNLIMITED CLASS PASS**  
\$95 - Student/Senior/Military (w/ ID or age 60+)  
\$110 - Regular

**CLASS PACKAGES**  
~ Valid for 6 months  
\$48 - 4 classes (\$12/class)  
\$88 - 8 classes (\$11/class)  
\$120 - 12 classes (\$10/class)  
\$180 - 20 classes (\$9/class)

**SINGLE CLASS / DROP-IN**  
\$10 - Student/Senior/Military (w/ ID or age 60+)  
\$15 - Regular

**SAVE THE DATE!**  
**NEW YEAR: RENEWED**  
Join us for our annual community class & open house.  
**FRIDAY, January 4th 2019**  
More details to be announced soon!