

OUTDOOR YOGA: "MATS ON THE MON"
w/ BYS Yoga Collective Teachers
Saturdays through September 28th
10:30-11:30 a.m.

OUTDOOR YOGA AT GRANDVIEW PARK
w/ Ashley O'Hara
Sundays through September 29th
10:30-11:30 a.m.

FRIDAY NIGHT BENEFIT CLASSES
w/ BYS Yoga Collective Teachers
Fridays, 6:30-7:30 p.m.
By Donation / pay what you wish

FAMILY YOGA
w/ Paul Richards & Kristen Kolenda
Children ages 3-6, 1-1:45 p.m.
Children ages 7-11, 2:30-3:30 p.m.
Sunday, September 8th
Sunday, October 13th
Sunday, November 10th

BENEFIT: YOGARHYTHMICS® (3rd Fridays)
w/ Nicole Zellie Lann
Friday, September 27th 6:30-8 p.m.
Friday, October 18th 6:30-8 p.m.
Friday, November 15th 6:30-8 p.m.

DANCE FLOW YOGA
w/ Heather Stants
Sunday, September 29th
1-3 p.m.

DIDGERIDOO CHAKRA IMMERSION MEDITATIONS
w/ Joseph Carringer
Sunday, October 27th
1-3 p.m.

SAVE THE DATE!
Raghnath Cappo comes to BYSYC
Friday, December 6th

(visit www.bys-yoga.com for more details)

BYS Yoga Collective - FALL 2019 WORKSHOPS / EVENTS

BYS
YOGA
collective

1113 East Carson Street - 3rd Floor
Pittsburgh PA 15203
Historic South Side
412/481.YOGA (9642)
www.bys-yoga.com

BYS
YOGA
collective

SCHEDULE
FALL 2019

SEPTEMBER 1st - NOVEMBER 30th

Remember!

Arrive early for class. Effective June 1, 2019, we will lock the door on the third floor landing 10 minutes after the start of class.

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Please be considerate of classes already in session by moving & waiting quietly in the stairwell or lobby areas until you are able to enter the studio.

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Turn OFF your cell phone (no vibrate setting).

~
Remove your shoes in the lobby and store in the cubbies before entering the studio.

~
Refrain from wearing perfume or any scented products to class.

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Please notify your instructor before class of any health conditions or injuries.

~
Avoid eating a large meal for at least 2-3 hours before your class.


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SEPTEMBER 1st-NOVEMBER 30th



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30-10:45 a.m. LEVEL 1-2 w/ Holly</p> <p>11 am-12:15 p.m. LEVEL 1 w/ Paul</p> <p>5:30-7 p.m. YIN YOGA w/ Mary Anne (class held on 9/1, 9/15, 9/29, 10/6, 10/20, 11/3, 11/17)</p> <p>5:30-7 p.m. RESTORATIVE YOGA w/ Paul/Kristen (class held on 9/8, 9/22, 10/13, 7/21, 10/27, 11/10, 11/24)</p>	<p>12-1 p.m. LEVEL 1-2 w/ Lynn</p> <p>6-7:15 p.m. LEVEL 1-2 w/ Kristen</p> <p>7:30-8:45 pm LEVEL 2-3 w/ Alana</p>	<p>9:30-10:45 am LEVEL 1-2 w/ Kelly</p> <p>12-1:15 pm LEVEL 1-2 w/ Amy</p> <p>1:15-1:30 pm POST CLASS MEDITATION w/ Amy (no add'l charge)</p> <p>6-7:15 pm LEVEL 1-2 w/ Amy</p> <p>7:30-8:45 p.m. LEVEL 1 w/ Arielle</p>	<p>9:30-10:45 a.m. LEVEL 1-2 w/ Meeraj</p> <p>12-1 p.m. LEVEL 1 w/ Levana</p> <p>4-5:30 p.m. LEVEL 1 w/ Jerry</p> <p>6-7:15 p.m. LEVEL 1-2 w/ Lynn</p> <p>7:30-8:45 p.m. LEVEL 1-2 w/ Raelynn</p>	<p>9:30-10:45 a.m. LEVEL 1-2 w/ Lauren</p> <p>12-1:15 p.m. LEVEL 1-2 w/ Amy</p> <p>6-7:15 p.m. LEVEL 1-2 w/ Alicia</p> <p>7:30-8:45 p.m. LEVEL 1 w/ Paul</p>	<p>9:30-10:45 a.m. LEVEL 1-2 w/ Maggie</p> <p>12-1 p.m. LEVEL 1-2 w/ Ryan</p> <p>6:30 p.m. BENEFIT YOGA w/ Various BYSYC Teachers</p>	<p>8-9:15 a.m. LEVEL 1 w/ Ashley</p> <p>9:30-10:45 a.m. LEVEL 2-3 w/ Alana</p> <p>11 am-12:15 p.m. LEVEL 1-2 w/ Raelynn</p> 

PRICING, CLASSES & EVENTS SUBJECT TO CHANGE - PLEASE REFER TO OUR WEBSITE FOR UPDATES - www.bys-yoga.com

PRICING OPTIONS

TWO WEEK UNLIMITED PASS:
\$30 - INTRODUCTORY SPECIAL
(available for new students only)

ONE MONTH UNLIMITED PASS:
\$95 - student/senior/military
(w/ ID or age 60+)
\$110 - regular

SINGLE CLASSES / DROP-IN:
\$10 - student/senior/military
(w/ ID or age 60+)
\$15 - 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)

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

GIFT CERTIFICATES, PRIVATE & GROUP SESSIONS, & STUDIO RENTAL AVAILABLE
please contact us for more information!

CLASS DESCRIPTIONS

HATHA/VINYASA YOGA: The majority of classes at BYS Yoga are a combination of Hatha/Vinyasa Yoga with a focus on alignment, connection to breath, and creative sequencing of postures - opening, strengthening, and balancing the body, mind, and spirit. Our instructors teach in their own voices with their own individual styles. **Please be sure to check the instructor bios for specific styles and influences.**

LEVEL 1 - Perfect for the new student just beginning the study of yoga or for any student who would like to slow down and re-investigate their practice. This class concentrates on fundamental yoga postures with an emphasis on breath, alignment, and appropriate modifications.

LEVEL 1-2 - This class encourages **ALL LEVELS** of students to build awareness, strength, and focus through seated meditation, pranayama, (breathing exercises), Surya Namaskara (Sun Salutation), a wide range of standing and seated poses, and beginning arm balances and inversions.

LEVEL 2-3 - A class for intermediate/advanced level students working to deepen their practice. This class includes meditation, pranayama, and a full range of asana, including more arm balance and inversion variations.
Previous yoga experience recommended.

RESTORATIVE YOGA - This **ALL LEVELS** class is about "active relaxation" - supporting the body with bolsters, blankets, blocks, and other props in postures which are held for several minutes. This practice is very beneficial to health, can reduce the effects of stress-related disease, and leaves you nourished and well rested.

YIN YOGA - This **ALL LEVELS** class is the perfect complement to a regular Hatha/Vinyasa practice. Yin Yoga focuses on the body's connective tissues, and postures are held for a longer period of time. The longer held postures create the perfect opportunity for cultivating awareness, mindfulness, and meditation.

HOLIDAY CLASSES

LABOR DAY W/ JERRY MOROSCO
Monday, September 2nd, 9:30-11 a.m.

THANKSGIVING W/ BYSYC STAFF
Thursday, November 28th, 9:30-11 a.m.

*** All other classes are cancelled on these days***