

OUTDOOR YOGA: "MATS ON THE MON"
w/ Various BYS Yoga Collective Teachers
Saturdays, June 2nd - September 29th
10:30-11:30 a.m.

OUTDOOR YOGA AT GRANDVIEW PARK
w/ Ashley O'Hara
Sundays, June 3rd - September 30th
10:30-11:30 a.m.

MONTHLY OUTDOOR YOGA AT THE FRICK
w/ Various BYS Yoga Collective Teachers
Second Saturday of the Month
9-10 a.m.

FAMILY YOGA (all families w/ children 4+)
w/ Paul Richards & Kristen Kolenda
Sunday, June 20th 2:30-3:30 p.m.
Sunday, July 8th 2:30-3:30 p.m.
Sunday, August 12th 2:30-3:30 p.m.

BENEFIT: YOGARHYTHMICS® (3rd Fridays)
w/ Nicole Zellie Lann
Friday, June 15th 6:30-8 p.m.
Friday, July 20th 6:30-8 p.m.
Friday, August 17th 6:30-8 p.m.

YIN YOGA & ACUPUNCTURE
w/ Vivian Croft & Debbie Hardin
Sunday, June 23rd 7-8:30 p.m.

TASTE OF TEACHER TRAINING
w/ Lynn Rescigno
Saturday, June 30 12:30-2 p.m.

**TRAUMA-INFORMED YOGA:
AN INTRODUCTORY TRAINING
FOR TEACHERS**
w/ Elizabeth Haberer Lamson
Saturday, August 4th 12:30-3:30 p.m.

**TRAUMA-INFORMED THERAPEUTIC YOGA
WORKSHOP**
w/ Elizabeth Haberer Lamson
Saturday, August 4th 4-5:30 p.m.

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

BYS Yoga Collective - SUMMER 2018 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
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**SCHEDULE
SUMMER 2018**
JUNE 1st - AUGUST 31st

PLEASE...

...arrive early for class - late arrivals are disruptive.
If you do arrive less than 15 minutes late, you
may be permitted to attend, but please enter the
studio quietly only after the opening meditation
is complete.

...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.

...turn OFF your cell phone/pager (no vibrate
setting).

...remove your shoes in the lobby & store in the
cubbies before entering the studio.

...refrain from wearing perfume or any scented
products to class.

...notify your instructor before class of any health
conditions (including high blood pressure, heart
disease, recent surgery, pregnancy, etc.) or
injuries.


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SUMMER 2018

JUNE 1st - AUGUST 31st



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30-10:45 am LEVEL 1-2 w/ Holly</p> <p>11 am-12:15 pm LEVEL 1 w/ Paul</p> <p>5:30-7 pm YIN YOGA w/ Mary Anne (class held on 6/2, 6/17, 7/1, 7/15, 7/29, 8/5, and 8/19)</p> <p>5:30-7 pm RESTORATIVE YOGA w/ Paul/Kristen (class held on 6/10, 6/24, 7/8, 7/22, 8/12, and 8/26)</p>	<p>12-1 pm LEVEL 1-2 w/ Lynn</p> <p>6-7:15 pm LEVEL 1-2 w/ Kristen</p> <p>7:30-8:45 pm LEVEL 2-3 w/ Alana/Maggie</p>	<p>9:30-10:45 am LEVEL 1-2 w/ Kristi</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 pm LEVEL 1 w/ Raelynn</p>	<p>12-1 pm LEVEL 1 w/ Levana</p> <p>4-5:30 pm LEVEL 1 w/ Jerry</p> <p>6-7:15 pm LEVEL 1-2 w/ Lynn</p> <p>7:30-8:45 pm LEVEL 1-2 w/ Jesse</p>	<p>9:30-10:45 am LEVEL 1-2 w/ Stefanie</p> <p>12-1:15 pm LEVEL 1-2 w/ Amy</p> <p>6-7:15 pm LEVEL 1-2 w/ Alicia</p> <p>7:30-8:45 pm LEVEL 1 w/ Paul</p>	<p>9:30-10:45 am LEVEL 1-2 w/ Maggie</p> <p>12-1 pm LEVEL 1-2 w/ Kristi/Ryan</p>	<p>8-9:15 am LEVEL 1 w/ Ashley</p> <p>9:30-10:45 am LEVEL 2-3 w/ Alana/Alicia</p> <p>11 am-12:15 pm 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 BYY 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 cultivated from their diverse backgrounds. As a result, within each level noted, class styles can vary. **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 basic breath support, 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), an asana practice exploring variations of 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. Building upon what is taught in the Level 1-2 classes, 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 alternatively 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 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, as opposed to the muscles, in postures that are held for a longer period of time (minutes as opposed to a number of breaths). The longer held postures also create the perfect opportunity for cultivating awareness, mindfulness, and meditation.