

### FRIDAY NIGHT BENEFIT CLASSES

w/ BYS Yoga Collective Teachers  
**Fridays, 6:30-7:30 p.m.**  
By donation / pay what you wish

### BENEFIT: YOGARHYTHMICS®

w/ Nicole Zellie Lann  
**Friday, March 20th, 6:30-8 p.m.**  
**Friday, April 17th, 6:30-8 p.m.**  
**Friday, May 15th, 6:30-8 p.m.**

### PITTSBURGH CLASSICAL YOGA VINYASA TEACHER TRAINING

w/ Lynn Rescigno  
**First Training Weekend April 18th-19th**  
**\*\*\*Early bird pricing ends 3/18\*\*\***

### THE ART OF ALIGNMNET W/ CHRISSY CARTER

#### Saturday, April 25th

Connect | Core Stability 9:30 a.m.-Noon

Balance | Standing Balances 1:30-4 p.m.

#### Sunday, April 26th

Surrender | Backbends 9:30 a.m.-Noon

**Cost:** \$45 Each/\$50 at the door

visit [www.bys-yoga.com](http://www.bys-yoga.com) for more details)

**BYS Yoga Collective - SPRING 2020 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](http://www.bys-yoga.com)



# BYS YOGA

## collective

## SCHEDULE SPRING 2020

MARCH 1<sup>st</sup> - MAY 31<sup>st</sup>

#### Remember!

Arrive early for class. We will lock the door on the third floor landing 10 minutes after the start of class.

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.

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.  
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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# SPRING 2020

MARCH 1st-MAY 31st



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:30-10:45 am <b>LEVEL 1-2</b> w/ Holly</p> <p>11 am-12:15 pm <b>LEVEL 1</b> w/ Paul</p> <p>5:30-7 pm <b>YIN YOGA</b> w/ Mary Anne <small>(class held on 3/1, 3/15, 3/29, 4/5, 4/19, 5/3, 5/17, 5/31)</small></p> <p>5:30-7 pm <b>RESTORATIVE YOGA</b> w/ Paul/Kristen <small>(class held on 3/8, 3/22, 4/26, 5/10)</small></p>	<p>12-1 pm <b>LEVEL 1-2</b> w/ Lynn</p> <p>6-7:15 pm <b>LEVEL 1-2</b> w/ Kristen</p> <p>7:30-8:45 pm <b>LEVEL 2-3</b> w/ Jillian</p>	<p>9:30-10:45 am <b>LEVEL 1-2</b> w/ Kelly <small>(through March 31st)</small></p> <p>6-7:15 pm <b>LEVEL 1-2</b> w/ Amy</p> <p>7:30-8:45 pm <b>LEVEL 1</b> w/ Arielle</p>	<p>9:30-10:45 am <b>LEVEL 1-2</b> w/ Meeraj <small>(through April 22nd)</small></p> <p>12-1 pm <b>LEVEL 1</b> w/ Levana</p> <p>4-5:30 pm <b>LEVEL 1</b> w/ Jerry</p> <p>6-7:15 pm <b>LEVEL 1-2</b> w/ Lynn</p> <p>7:30-8:45 pm <b>LEVEL 1-2</b> w/ Raelynn</p>	<p>9:30-10:45 am <b>LEVEL 1-2</b> w/ Maggie</p> <p>6-7:15 pm <b>LEVEL 1-2</b> w/ Alicia</p> <p>7:30-8:45 pm <b>LEVEL 1</b> w/ Paul</p>	<p>9:30-10:45 am <b>LEVEL 1-2</b> w/ Maggie</p> <p>6:30-7:30 pm <b>BENEFIT CLASS</b> w/ BYSYC Instructors</p>	<p>8-9:15 am <b>LEVEL 1</b> w/ Ashley</p> <p>9:30-10:45 am <b>LEVEL 2-3</b> w/ Alana</p> <p>11 am-12:15 pm <b>LEVEL 1-2</b> 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

**HATHAVINYASA 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 SCHEDULE

**EASTER SUNDAY** - One All Levels class at 9:30AM  
**SUNDAY, 5/3** - 9:30 AM class cancelled due to Marathon  
**SUNDAY, 5/24** - Modified schedule (see site for details)  
**MEMORIAL DAY** - Modified schedule (see site for details)