



# Studio Om

376 Jefferson Street • Pataskala, OH 43062  
740-927-YOGA • www.studio-om-yoga.com

## Winter 2011

## ଫାସ୍ତା ଇଚ୍ଚେଦ୍‌ପାଃ

Classes begin week of January 9, 2011. • All classes are 10 weeks. •



### Beginner Yoga

Monday 6p - 7p

This class is for students who are new to Yoga, or would like a refresher on yoga basics. Emphasis is given to the basic alignment of the postures. Introduction to the philosophy of yoga and breathing techniques are included.



### Gentle Yoga

Sunday 5p - 6p; Thursday 5p - 6p

This class combines gentle postures, stretching, and restorative poses. It is perfect for those seeking a slower pace, are new to yoga, or have physical concerns or injuries.



### Hatha Yoga Various Levels

Monday 5:30p - 7p

This class is designed for those who prefer a class less vigorous than Vinyasa. It includes standing postures, gentle stretches and breathing as well as simple movements designed to systematically increase the range of motion of every major joint and increase energy.



**\*NEW!\***

### Happy Hour Yoga

Friday 5p - 6p

***This aint your mamma's yoga!***

Slide out of your work week and into your groove. Join us for an hour of music movement and more! Just enjoy!



### Guided Meditation – Our gift to you!

Sunday, February 6th and March 6th, 6:30p - 7:30p

Meditation is used worldwide for spiritual as well as physical well-being. A thriving spiritual life creates an environment for physical healing and strength. Free & open to the public.



### Vinyasa Yoga, Level 1

Wednesday 7:30p - 9p; Saturday 9a - 10:30a

A flow style yoga that synchronizes breath with movement. Vinyasa increases balance, strength & flexibility using the breath to link postures together. Level 1 begins with instruction on alignment of the postures and links postures together in a continuous flow. Beginners are welcome.



### Vinyasa Yoga, Level 2

Tuesday 6p - 7:30p; Thursday 6:15p - 7:45p;  
Sunday 3p - 4:30p

Vinyasa level 2 refines balance, builds endurance and adds inversions (shoulder stand, plow) and arm balances (half moon, crane). Some previous yoga experience is recommended for this class.



### Vinyasa Yoga, Level 3

Thursday 6:15p - 7:45p; Sunday 3p - 4:30p

Vinyasa level 3 incorporates advanced asanas, including arm balances, inversions and advanced flow transitions. Previous yoga experience is recommended for this class.

## ଘଟକେଶୋପଃ and ଇମ୍ପେଟାଃ ଫାସ୍ତାଃ



### Vernal Equinox Celebration: 108 Sun Salutations!

Sunday, March 20, 3p \$20.



### Full Moon Healing Meditation

Friday, February 18, 7p

Learn this ancient practice and participate in a group meditation to be a part of this healing energy. Class includes an introduction, preparation for meditation and practice. No experience required. \$20.



### Pranayama Workshop

Saturday, February 5th, 1p - 2:30p

Pranayama is the practice of controlling one's energy by controlling the breath. This workshop provides both theory and practice to teach you how to set up an invigorating and healing breathing routine. Come and experience the science of Pranayama, one of the most powerful tools for mental balance, control and stress management. \$30.

Gentle Yoga

Sunday  Thursday

Beginning

Monday

Happy Hour Yoga

Friday

Vinyasa

Tuesday  Wednesday  Thursday  
 Saturday  Sunday

Hatha

Monday

Name

Street Address

\$125 per 10 week course (Walk-ins \$15) \_\_\_\_\_  
10 class pass \$130 \_\_\_\_\_  
Pranayama Workshop \$30 \_\_\_\_\_  
Full Moon Healing Workshop \$20 \_\_\_\_\_  
Vernal Equinox Celebration \$20 \_\_\_\_\_  
Total \_\_\_\_\_