

# इतपवीठ ठल

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



# इप्रांग्ग २०१२

## ढलडड इतुडवेडुड

Classes begin week of March 25th, 2012.  
All classes are 10 weeks.



### Guided Meditation – Our gift to you!

Sunday, April 1st & May 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.



### Beginner Yoga

Monday 6p - 7p, Thursday 5p - 6p

This class is for students who are new to Yoga, or would like a refresher on yoga basics. This class focuses on postures to stretch and strengthen the legs, back, and shoulders. Emphasis is given to the basic alignment of the postures.



### Gentle Yoga

Sunday 5p - 6p; Wednesday 12p - 1p

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.



### Happy Hour Yoga

Friday 5p - 6p

**A great way to end a busy week and greet the weekend!**  
Slide out of your work week and into your groove. Join us for an hour of music movement and more! Just enjoy!



### Daytime Classes

Vinyasa: Monday & Wednesday 9:30a - 10:30a

Gentle Yoga: Wednesday 12p - 1p

Studio Om is now offering daytime classes! All level Vinyasa Flow will be held Monday and Wednesday 9:30a - 10:30a. Gentle Yoga is being offered at Noon on Wednesdays.



### Vinyasa Yoga, Level 1

Monday & Wednesday 9:30a - 10:30a;

Tuesday 6p - 7:30p; 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

Monday & Wednesday 9:30a - 10:30a;

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.

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\$15 per class (walk-in)

10 week course (once a week)

\$125

10 class pass

\$130

Unlimited classes

1 month \$130

1 quarter \$300