

## CLASS LEVELS

### LEVEL 1

Moving from complete novice, here the student continues to build upon the fundamentals of yoga postures through body awareness and postural alignment through basic yoga postures. It is ideal for the student who completed Yoga for Beginners.

### LEVEL 1 - 2

For students who have attended Level 1 classes and are ready for a more advanced beginning class. The basic postures are presented in more challenging ways with a building upon the fundamentals of yoga. It is a perfect transition between a Level 1 and beginning Level 2 intermediate student.

### LEVEL 2

Designed to take the student to the intermediate level. Further strength, stamina, and flexibility will be required for intermediate postures and sequences introduced. Presumes students are familiar with Level 1.

### LEVEL 2 - 3

Students familiar with intermediate yoga postures, including unsupported inversions, backbends, forward-bends will find this level appropriate. Longer time in each posture, further variations, and more challenging and vigorous sequences are typical. Previous yoga experience is required.

### ALL LEVELS

This is a mixed level class for a Level 1 student and up. The teacher will offer variations and modifications as necessary according to the level of students in the class. Classes may include Meditation or Pranayama (breathing practices) for those students with maturity in breath work.

## CLASS PRICES

### SPECIAL SERIES IF YOU ARE NEW TO LYFE (for local residents only):

New For You (2 weeks unlimited yoga).....	\$29.00
New For You (2nd month) .....	\$89.00

### CLASS PRICES:

Single Class .....	\$17.00
Power Hour Class.....	\$12.00
School Teachers .....	\$13.00
Seniors (55+) and Full-Time College Student (with valid ID).....	\$10.00
Teens (ages 13-17) .....	\$12.00
Veterans .....	\$13.00

### Class Series:

5 Class Series .....	\$75.00
10 Class Series.....	\$140.00
20 Class Series .....	\$230.00
10 Class Power Hour Series* .....	\$96.00
Monthly Unlimited .....	\$150.00
Monthly Unlimited With Auto Renew .....	\$115.00

\*Power Hour Series Expires in 90 days.

All Other Class Series expire in 1 Year. No Refunds. No Exceptions.

LYFE is an independent yoga center committed to incorporating the Yoga teachings into every aspect of our business philosophy. As an eco friendly yoga center we are taking the lead in developing strategies that renew the original meaning of Yoga. Located in the heart of Hermosa Beach, LYFE seeks to empower our true Selves in building these values into our community.



## CLASS SCHEDULE

January 2009



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## SCHEDULE

MONDAY	DESCRIPTION	LEVEL	TEACHER
6:45am - 7:45am	♪ Power Hour	1 - 2	Becky
8:45am - 10:00am	♪ Yoga Therapeutics	ALL	Lois
10:15am - 11:45am	♪ Iyengar	2 - 3	Michael
4:30pm - 6:00pm	♪ Hatha Flow	1 - 2	Deborah
6:15pm - 7:30pm	♪ Heavenly Sweat	2	Kim
7:35pm - 9:00pm	♪ Yoga For Beginners		Michele
TUESDAY			
6:45am - 7:45am	♪ Power Hour	1 - 2	Cailin
8:35am - 10:00am	♪ Gentle Yoga	ALL	Lisa L
10:15am - 11:45am	♪ Kundalini	ALL	Valinda
5:00pm - 6:00pm	♪ Power Hour	1 - 2	Jamie
6:15pm - 7:30pm	♪ Hatha Flow	1 - 2	Jeri
7:35pm - 9:00pm	♪ Yoga For Beginners		Theresa
WEDNESDAY			
6:45am - 7:45am	♪ Power Hour	1 - 2	Becky
8:35am - 10:00am	♪ Yoga Therapeutics	ALL	Maureen
10:15am - 11:45am	♪ Iyengar	2 - 3	Michael
4:30pm - 6:00pm	♪ Hatha Flow	1 - 2	Mindy
6:15pm - 7:30pm	♪ Heavenly Sweat	2	Kim
7:35pm - 9:00pm	♪ Iyengar	1 - 2	Michael
THURSDAY			
6:45am - 7:45am	♪ Power Hour	1 - 2	Cailin
8:35am - 10:00am	♪ Gentle Yoga	ALL	Lisa L
10:15am - 11:45am	♪ Kundalini	ALL	Valinda
5:00pm - 6:00pm	♪ Power Hour	1 - 2	Jamie
6:15pm - 7:30pm	♪ Slow Flow	1 - 2	Simone
7:35pm - 9:00pm	♪ Yoga For Beginners		Michele
FRIDAY			
7:35am - 8:15am	♪ Pranayama <sup>1</sup> (Breath Meditation)	ALL	Michael
8:35am - 10:00am	♪ Iyengar	1	Michael
4:30pm - 6:00pm	♪ Hatha Flow	1 - 2	Mindy
6:00pm - 7:25pm	♪ Relax Deeply	ALL	Lisa L
SATURDAY			
8:00am - 9:00am	♪ Power Hour	1 - 2	Jamie
9:10am - 10:25am	♪ Yoga For Beginners		Michele
10:35am - 12:00pm	♪ Iyengar	ALL	Michael
12:15pm - 1:30pm	♪ Prenatal Yoga		Lisa P
4:30pm - 6:00pm	♪ Yoga For Beginners		Theresa
SUNDAY			
9:30am - 10:50am	♪ Sunday Funday	1 - 2	Jeri
11:00am - 12:30pm	♪ Yoga For Beginners		Kari
6:00pm - 7:30pm	♪ Iyengar Restorative	ALL	Michael
7:45pm - 9:00pm	♪ Yoga Philosophy Discussion <sup>2</sup>		Michael

Times and teachers subject to change

## CLASS DESCRIPTIONS

### GENTLE YOGA

Designed for individuals who are interested in using breath, movement and mindfulness to encourage circulation, build strength, improve flexibility, balance, and promote deep relaxation.

### HATHA FLOW - POWER HOUR

Let your mind surrender to the movement of the body with a meditative, flowing practice. This class will challenge your muscles and your mind by combining sun salutations with breath directed movements.

### HEAVENLY SWEAT

Accompanied by hip-hop, rock and world music, this vigorous and powerful class takes yoga poses into heat building sequences with weighted bars and a core ball for maximum benefits—a unique addition to your practice.

### IYENGAR AND IYENGAR RESTORATIVE

Based in the tradition of BKS Iyengar, you will develop an in-depth awareness of both body and mind. Props such as blocks, belts, and chairs are often used to help support and build strength while specific instruction teaches movement of body and stillness of mind.

### KUNDALINI

Kundalini Yoga consists of a number of postures, expressive movements and utterances, sound current, breathing patterns, and degrees of concentration to relax and heal your mind and body and bring a greater feeling of well-being.

### PRANAYAMA / BREATH MEDITATION

Through an instructed practice, you will learn creative ways to prepare and practice pranayama. You will understand the physiology behind breath work and develop a strong meditation practice while enjoying the wonderful health benefits that correct breathing provides.

### PRENATAL YOGA

A wonderful experience for mom's-to-be. Learn the benefits of yoga and health for both mother and baby. A welcoming environment for understanding the psychological aspects of your health during pregnancy.

### RELAX DEEPLY

Relaxation is an important goal to manage our stressful lives. Give yourself a gift to relax deeply. Twist, unwind, and de-stress the body, with resting poses to replenish your mind, body and soul.

### SLOW FLOW

Is your body and mind moving faster than you want? In this class, slow down, relax and give your body and mind the nourishment it needs after running around all week. Hold. Breath and Stretch. Feel the power of moving a bit slower. Build strength, endurance, and stability in this wonderful practice. A great form of mediation. An excellent resource for relaxation.

### SUNDAY FUNDAY

Laugh. Unwind. Let Go. Begin your Sunday mornings with an innovative Astanga like practice. Incorporating many postures from the Ashtanga Primary Series, move through a continuously sequenced class with great music and the best adjustments. Building a strong cardiovascular practice, this fun approach to the Astanga practice will leave you fulfilled and wanting more!

### YOGA FOR BEGINNERS

New to yoga? Start with this class. Designed to present the student with a friendly, simple introduction into the fundamentals of yoga.

### YOGA THERAPEUTICS

A Certified Yoga Therapist applies simple yoga postures, breathing techniques and meditation to help relieve symptoms associated with age, stress, weight, or ailments relating to the muscular skeletal system.

<sup>1</sup> Donation class.

<sup>2</sup> Free Discussion Open to All Students.