

# pureyoga Fall Schedule Begins September 6th !

## New Students! First Week Free!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7-8 a.m. <b>purecore yoga</b> Renee a.m.	8-9:15a.m. <b>power/vinyasa</b> Suzy	
9:30-10:30 a.m. <b>power/vinyasa</b> Suzy	9:30-10:30a.m. <b>power/vinyasa</b> Brenda	9:30-10:30 a.m. <b>power/vinyasa</b> Suzy	9:30-10:30 a.m. <b>power/vinyasa</b> Renee	9:30-10:30 a.m. <b>power/vinyasa</b> Daisy	9:30-10:30 a.m. <b>pure slow flow</b> Megan	9:00-10:30 a.m. <b>ashtanga series</b> Renee
10:45-12 p.m. <b>puregentle</b> Lori	11:30am-12:30pm <b>chair yoga</b> Renee	10:45-12 p.m. <b>puregentle</b> Daisy	11:30am-12:30pm <b>chair yoga</b> Renee	10:45-12 p.m. <b>puregentle</b> Daisy	11-11:45a.m. <b>pureyoga kids</b> Claire	11a.m.-12p.m. <b>purelybeginner</b> Annalicia
	5:30-6:30 p.m. <b>pure slow flow</b> Michel	4:30-5:30 p.m. <b>purelybeginner</b> Elisabeth	5:30-6:30 p.m. <b>pure slow flow</b> Bridget			
6-7:15p.m. <b>power/vinyasa</b> Suzy	7-8 p.m. <b>power/vinyasa</b> Michel	6-7:15 p.m. <b>power/vinyasa</b> Lori	7-8 p.m. <b>power/vinyasa</b> Megan			7-8 p.m. <b>candlelight flow</b> Erin

## YOGA FOR EVERYAGE & EVERYBODY

- purepoweryoga** *This is an invigorating class open to all levels. It incorporates breath with your movements and is designed to build strength and flexibility, increase concentration and relieve stress!*
- puregentleyoga** *What a great way to explore yoga for the first time, nurse an injury, or for the more experienced yogi, spend more time on the foundations of each pose.*
- pureslowflow** *This class slows down the flow of a power/vinyasa class, taking more time in warm-up and savasana. What's savasana? You'll have to come find out! It's a great introduction to yoga!*
- purelybeginner** *This class teaches basic standing and floor postures in a fun, explorative environment to create a strong foundation. **\$8 drop-in!***
- purecore yoga** *A full Power/Vinyasa yoga class with an emphasis on core stabilization.*
- purelyashtanga** *This method of yoga involves synchronizing the breath with a progressive series of postures-a process producing internal heat and purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light, strong body, and calm mind.*
- purechair yoga** *The chair is the main prop and allows everyone to participate moving at their own pace while building confidence, strength and stability.*
- pureyogakids** *This program gives children a practice and routine that integrates physical, mental and emotional development by implementing breathing techniques, yoga poses, games and relaxation techniques. We also host yoga parties for kids.*

**Drop-In: \$15 (10) Pack: \$120 One Month Unlimited: \$129 Auto Renew Monthly Unlimited: \$100**

**[www.pureyoga.us](http://www.pureyoga.us)**

**Liberty Village, 105 New England Place, Suite 120, Stillwater • 651 283-8282**