

Change Service Requested

Yoga Class Schedule Free Second Class and Special Discounts for New Students

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 a.m.	Morning Hatha**		Morning Hatha**				
9:15 a.m.	Hatha I	Hatha I/II	Hatha I	Hatha I	Hatha I	Hatha II	
10:00 a.m.				Gentle Hatha			
10:15 a.m.	Hatha II	Hatha I	Hatha II	Hatha II	Hatha I	Hatha I	Hatha II
10:30 a.m.	Prenatal Hatha						
11:15 a.m.	Hatha I	Hatha II/III	Hatha I/II	Hatha I	Hatha II	Hatha II	Hatha I
12:15 p.m.	Lunch Hatha*	Lunch Hatha*	Lunch Hatha*	Lunch Hatha*	Lunch Hatha*	Hatha I	Hatha II
	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation	Open Meditation	
12:30 p.m.	Postpartum Hatha▲						
1:15 p.m.	Hatha I	Hatha I/II	Deep Relaxation♥	Hatha I/II	Hatha I	Hatha III**	Free Introductory Class**
						H.I.V. Hatha	
2:15 p.m.	Hatha I	Hatha I	Hatha I	Hatha I	Hatha I	Hatha I	Hatha I
2:30 p.m.			Yoga for the Unemployed♦				
3:15 p.m.	Gentle Hatha	Hatha I	Hatha I	Hatha I/II	Hatha I	Hatha I	Hatha I/II
4:00 p.m.			Workshop Class ‡				
4:15 p.m.	Hatha I	Workshop Class	Hatha I	Hatha II	Hatha II/III	Hatha II	Hatha I
		H.I.V. Hatha					
5:00 p.m.					Free Deep Relaxation		
5:15 p.m.	Hatha II	Hatha I	Hatha III**	Hatha I	Hatha III**	Hatha I	Restorative Hatha
5:30 p.m.		Deep Relaxation♥	Evening Hatha*	Deep Relaxation♥	Hatha I		
6:00 p.m.	Hatha I	Hatha I/II	Hatha I/II		Hatha I/II		
					Gentle Hatha		
6:15 p.m.	Hatha II/III	Hatha II/III	Hatha II/III	Hatha I/II	Hatha II	Hatha I 😊 Community Class	Hatha I
6:30 p.m.	Hatha II**	Hatha I	Hatha I	Restorative Hatha			
6:45 p.m.		Prenatal Hatha	Prenatal Hatha	Yoga for Veterans❖			
7:15 p.m.	Hatha I	Hatha I/II	Hatha I	Hatha II	Hatha I		
7:45 p.m.	Open Meditation	Open Meditation	Open Meditation	Open Meditation			

Most classes are 1 hour and 30 minutes ♥ 45-minute class/\$10 *45-minute class/\$13 **1-hour and 45-minute class ‡2-hour class
▲ Birth to 8 months/\$17 (please preregister) 1-hour and 15-minute class ❖ Free with proof of service 😊 Community class/\$5 ♦ 1-hour and 30-minute class/Free

Type of Class	Single Class	5-Class Card	10-Class Card	20-Class Card
Regular	\$17	\$80	\$150	\$260
Lunch / Evening / 45 minutes	\$13		\$120	

YI's Multi-Class Cards Never Expire!

1-week unlimited class card \$65	1-month unlimited class card \$195
6-month unlimited class card \$600	1-year unlimited class card \$1,008

- The YI open-class schedule is subject to change.
- Classes may be taken on a drop-in basis, without preregistration, except for Postpartum classes. Parents are required to call on the morning of the class and speak with a receptionist to reserve a spot.
 - Please wear loose-fitting clothing.
 - Dressing rooms with lockers are available.
 - Please do not eat for at least two hours before class.
 - Please arrive at YI well in advance of class start time.
- Latecomers will not be permitted to enter class after the first five minutes.
 - Mats are provided free of charge.

Please note: YI will be closed on Friday, January 1, for New Year's Day.