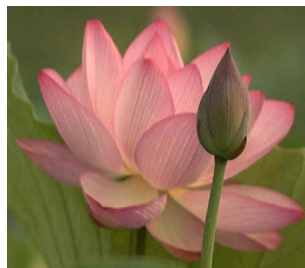


East West Exchange Yoga/Tai Chi Schedule



480-855-6010
www.ew-exchange.com

Monday				
Time	Description	Length	Teacher	Room
9:00 AM	All Levels Yoga	55	Gabe	L
10:00 AM	Yin/Relax Yoga	85	Gabe	L
4:00 PM	Level 1 Yoga	85	Sandi	L
5:45 PM	All Levels Yoga	70	Sandi	L
6:00 PM	Level 2 Yoga	85	Jenni G	S
7:00 PM	Yin/Flow Yoga	85	Mary	L
7:30 PM	Level 1 Yoga	85	Jenni G	S
Tuesday				
9:00 AM	Level 1 Yoga	85	Jennie Y	L
10:30 AM	Level 1-2 Yoga	85	Jennie Y	L
5:00 PM	Level 1 Yoga	85	Dan	L
6:00 PM	All Levels Flow Yoga	85	Ingrid	S
6:30 PM	Tai Chi - Chen Style	60	Betty	L
7:35 PM	Level 2 Yoga	85	Dan	S
7:30 PM	Level 1 Yoga	85	Jenni G	L
Wednesday				
9:00 AM	All Levels Yoga	55	Gabe	L
10:00 AM	Yin/Relax Yoga	85	Gabe	L
5:00 PM	Level 1 Yoga	85	Lindsay	L
6:00 PM	Yin/Relax Yoga	85	Dan	S
6:30 PM	Tai Chi - Yang Style	60	Mei Jian	L
7:30 PM	Level 1 Yoga	85	Gabe	L
7:30 PM	Level 2 Yoga	85	Dan	S

Thursday				
Time	Description	Length	Teacher	Room
9:00 AM	Level 1 Yoga	85	Gabe	L
10:30 AM	Level 1-2 Yoga	85	Jennie	S
6:00 PM	Gentle Healing/Restorative Yoga	85	Mary	L
6:30 PM	Meditation	60	Shane	S
7:30 PM	Level 2 Yoga	85	Lindsay	S
7:30 PM	Level 1 Yoga	85	Jenni G	L
Friday				
9:00 AM	Yin/Relax Yoga	85	Mary	L
10:30 AM	Gentle Level 1 Flow Yoga	85	Linda/Mary	L
5:30 PM	All Levels Yoga	75	Dan	S
Saturday				
8:00 AM	Vinyasa Yoga (not for beginning students)	85	Lindsay	L
9:30 AM	All Levels Yoga	60	Lindsay	L
9:30 AM	Kid's Yoga	60	Suzy	S
10:45 AM	Yin/Relax Yoga	85	Jenni G	S
10:45 AM	Kundalini Yoga	85	Arden	L
Sunday				
9:00 AM	Level 2 Yoga	85	Gabe	S
9:30 AM	Level 1 Yoga	85	Lindsay	L
11:00 AM	Belly Dance	60	Morgiana	L

Class Fees and Package Options (Class packages expire after 6 months)

Drop In	13
6 Class Pkg	72
12 Class Pkg	132
1 Mo. Unlimited	135
3 Mo. Unlimited	350
6 Mo Unlimited	675
Annual	1200
Family Annual	1950 Up to 365 Classes/ Year
Senior Age 62 or over	20% off any class or pkg
Kids & Teens (to age 18)	8
Kids & Teens (to age 18) - 6 Class Package (\$5/class)	30
Private Classes	Call for Pricing

**New Student Special—\$25.00
for 2 weeks of unlimited
classes. Limited time offer.**



Yoga Classes

Flow : Flow classes are based on the ancient practice of Sun Salutations, where essential yoga poses are practiced in a rhythmic sequence. The flow of breath is linked with movement. Familiar postures may build into more challenging variations. Some yoga experience is recommended.

Kid's Yoga: Yoga postures are presented in a playful manner, making exercise fun for kids. The English names of poses are used, such as lion pose, & cow pose, allowing the imagination to enter into the activity.

Kundalini: Kundalini Yoga uses movement, sound current, breath and meditation to relax and heal your mind and body. Kundalini Yoga brings a greater feeling of well-being and happiness. This powerful and effective form of Yoga, as taught by Yogi Bhajan, Ph.D., Master of Kundalini Yoga, is a great way to recharge and heal your body quickly. How? By stimulating the nervous and immune systems, while improving strength and flexibility, as it centers the mind. From your very first class, you'll reap the rewards. Everyone can do it!

Meditation – (All Levels): Various techniques are used to promote relaxation and a meditative state. Breath work, chanting, movement, music, etc. Each class offers a different approach to meditation. No previous experience necessary and this class is open to all levels.

Power – (Intermediate to Advanced): This class offers an active & athletic form of mind/body exercise. Yoga poses will be led in a faster sequence concentrating on flowing breath & movement to increase cardiovascular efficiency. This up-tempo class is intended to give you a powerful workout. Yoga experience is highly recommended.

Restorative (All levels): An ideal class for all levels of yoga students, including seniors, those with chronic pain, or anyone wishing to practice at a gentler pace. We practice seated and supine postures for opening the body gently and gradually; some standing postures may be introduced. We will use props, such as chairs, blankets, bolsters, straps, blocks and the wall, to assist us. Therapeutic breathing techniques may be practiced to encourage deep relaxation in Restorative postures.

Senior Yoga – (Seniors): Senior yoga leads older students gently through low impact yoga postures improving flexibility, balance, muscle and bone strength. Meeting the senior at their level some students will perform postures while sitting in a chair while more mobile seniors will move to the floor.

Vinyasa (intermediate to advanced): This class moves at a relatively fast pace in a flowing style. Featuring a soothing combination of strength and spirit this class offers more intense supine twists and stretches, longer holds of poses, and concentration on ujayi breath.

Yin/Flow (All Levels): In this class, we practice a combination of Yin postures (deeply held passive seated and supine gentle stretches that target the connective tissue of our hips, pelvis, lower spine, and shoulders allowing our joints to stay mobile) and a more active Flow (versions of the ancient Sun Salutations or Moon Salutations practiced in a rhythmic sequence, linking our movements with our breath), creating a sense of balance, centeredness and overall well-being. This class is recommended for any level Yoga student.

Yin/Relax (Therapeutic) Yoga – (All levels): All levels of students will benefit from this class. Great class to relieve stress, open the joints and connective tissues, and restore the mind, body, breath.

Yoga Level 1 – (Beginning): Join us in this beginner class to experience the foundation of safe and proper alignment as you explore the yoga practice. This class will teach you breath and body awareness; help you build strength, endurance and flexibility. Class will be led in a slower & more comprehensive pace.

Yoga Level 2 – (Intermediate): Use your own body weight to tone and sculpt targeted muscle groups that will challenge your stamina and endurance. This class is designed for students that are ready for more advanced yoga postures including hand balancing and inversions.

Tai Chi Classes

Tai Chi Chuan Yang Style

Tai Chi started out with twelve basic movements and kept expanding until it reached 108 movements. These movements allow the practitioner to exercise more muscles and joints and are called on to make more connections between various parts of the body. This allows more practice of mind/body coordination, which helps in all aspects of daily life. The practice of Tai Chi Chuan helps to integrate the energy of the Universe and to open and strengthen the body so that this energy can be channeled in an appropriate fashion.

Tai Chi Chuan Chen Style

Chen Style Taijiquan is the oldest system of taijiquan in existence and is the style from which all other styles are derived. It is characterized by its more explicit expression of spiraling energy in the body and transitions between slower smooth movements and sudden bursts of power. While the basic movements and exercises are simple and provide benefits to people of any age and physical condition, deeper study can also challenge a practitioner both mentally and physically.