

The Solebury Club Yoga Schedule

February 2012

thesoleburyclub.com

215-794-3494

MONDAY				THURSDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
9:30-11:00am	Vinyasa 1-2	Amy	Namaste	6:00-7:00am	Early Bird Vinyasa	Cailen	Namaste
9:30-10:30am	Vinyasa Beginner	Lisa	Om	9:30-11:00am	Anusara Inspired 1-3	Karin	Om
11:15-12:30pm	Vinyasa Gentle	Debra	Namaste	9:30-11:00am	Svaroopa®	Maureen	Namaste
6:30-8:00pm	Svaroopa®	Maureen	Namaste	11:30-12:30pm	Community Yoga	Staff	Namaste
6:45-8:00pm	Hot Yoga	Cailen	Om	6:30-7:45pm	Anusara Inspired Beg-1	Karin	Namaste
TUESDAY				FRIDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
6:00-7:00am	Early Bird Vinyasa	Jessica	Namaste	9:30-11:00am	Vinyasa 2-3	Amy	Namaste
9:30-11:00am	Svaroopa®	Maureen	Namaste	11:00-12:00pm	Hatha	Anna	Om
9:30-11:00am	Anusara Inspired Beg-2	Karin	Om				
6:30-8:00pm	Anusara Inspired 1-3	Karin	Namaste				
WEDNESDAY				SATURDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
9:30-11:00am	Vinyasa 2-3	Amy	Namaste	8:30-10:00am	Anusara Inspired 1-3	Karin	Namaste
11:15-12:30pm	Vinyasa Gentle	Debra	Namaste	10:15-11:45am	Introductory Svaroopa®	Amber	Namaste
6:30-8:00pm	Introductory Svaroopa®	Maureen	Namaste				
6:45-8:00pm	Hot Yoga	Molly	Om				
				SUNDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
				8:30-10:00am	Vinyasa 1-3	Amy	Namaste

Special Events see Front Desk for additional information:

- Mindfulness Meditation - Fridays, January 27th-March 2nd from 5:45 to 7pm, \$140 for 6-week
- Group Meditation - Saturday, Feb 25th from 3-4:30pm, free or donations to SvaroopaVidya Ashram
- Morning Meditation - Wed 8:45-9:15am and Fri 11:15-11:45am, \$35/mo for 1-class or \$55/mo for 2-classes
- Kids Yoga - Fridays 9:45-10:30am, Feb 10 -Mar 16, \$76 6-weeks
- Stretching Class - Mondays 11:30am-12:30pm, February 6, 13 & 20th, \$85

Rates: 1 class \$15 5 classes \$70 (\$14/class) 10 classes \$120 (\$12/class) 20 classes \$195 (\$9.75/class)
 6 months \$585 1 year \$1095

Special Rate: Monthly Unlimited ONLY \$99

All yoga classes integrate the work of the body and breath with the work of the mind. They include attention to alignment, and possibly meditation, chanting and yoga philosophy.

Vinyasa Yoga classes - poses flow one into the next synchronized with breath.

Beginner- for students new to yoga and/or who need to proceed slowly due to injury, deconditioning or preference. Basic explanations and support provided.

Gentle- a gentle approach with poses broken down into easy, accessible movements. Students are taught to modify poses to stay within safe limitations.

Level 1- for students developing a practice. Poses may be modified. May include an introduction to more advanced poses such as arm balances and inversions.

Level 2- for students with an established practice, offering vigorous and deep sequences. Student will be introduced to more challenging poses and variations.

Level 3- for students seeking advanced options and variations in all poses, particularly arm balances, inversions, backbends and binds. Offers more challenging sequencing and pace.

Hatha Yoga classes-poses are done with pauses in-between. Without flow

Anusara Inspired - an alignment based Yoga that emphasizes not only where the body is in space but also where the heart is in the practice, taught by an Anusara Inspired instructor.

Hatha-easy accessible poses, modified as needed for each student

Hot Yoga classes-a set sequence of poses done in a hot room. Even iron will bend if heated enough! Please hydrate before, during and after this class.

Svaroopa® (swa-roo-pa) Yoga classes- a restorative style to unravel the deepest tensions of the body and mind. Poses are held long and comfortable with support from blankets, blocks and other props. This different approach releases the muscles that attach to your spine. Must be able to move down to and up from the floor.

Our Instructors

Maureen Shortt, M.A., is a 500 hour registered Yoga Teacher with Yoga Alliance, a registered Svaroopa(R) yoga teacher, a member of the Yoga Research Society, a Fellow of the American Institute of Stress, and a student of Continued Ayurveda Studies with Dr. Bharat Shulka. She holds her Masters degree in Nutrition Counseling.

Cailen Ascher, is a yoga blogger, www.LifestyleMaven.org and graduate of Yogadharma 2012. She looks to deliver practices that cultivate health, unearth happiness and ultimately transform your life.

Amy Cronise-Mead, MFA, is an E-RYT-500(experienced, registered yoga teacher at the 500 hour level) trained in Anusara, Vinyasa, and Tibetan Heart Yoga and has been teaching an uplifting spiritual practice since 2000.

Karin Eisen, is an E-RYT, 200 (Experienced, Registered Yoga Teacher at the 200 hour level), registered with Yoga Alliance. She is also an Anusara Inspired instructor. She has been teaching yoga since 2001.

Anna Folmer, received her Power Yoga teacher certification in 1999, and broadened her teaching experience from the United States to Singapore (where she taught under a coconut tree), and back.

Lisa Manheim, M.A. has taught yoga for 15 years and is trained in Anusara, Ashtanga, Bio-Mechanics, Kripalu and with Donna Farhi. She teaches public yoga & meditation classes.

Jessica Presti, completed her yoga certification at The Solebury Club with Karin Eisen in 2011.

Her background as a dancer influences

Amber Quinn, was Kundalini Yoga certified in 2002. She has a BFA in dance from Marymount Manhattan College. She has taught yoga/movement therapy for 5yrs in New York City and Bucks County.

Molly Rosenquist, completed her yoga training at The Solebury Club with Karin Eisen. Her experience with hot yoga began 6 years ago in NY. She is specifically interested in teaching yoga to athletes to enhance their performance.

Debra Schad, received her Yoga certification through Flip Dog in 2006 and was certified through Amy Weintraub, for Yoga for Depression, at Kripalu in the summer of 2006.