

# The Solebury Club Yoga Schedule

Effective 3/1/10

thesoleburyclub.com

215-794-3494

<b>MONDAY</b>				<b>THURSDAY</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>
9:30-11:00am	Vinyasa 1-3	Amy	Namaste	6:00-7:00am	Semi-Private Vinyasa Gentle	Amber	Namaste
9:30-10:15am	Vinyasa Beginner	Lisa	Om	9:15-10:45am	Alignment Inspired Vinyasa 2-3	Karin	Om
11:15-12:30pm	Vinyasa Gentle	Debra	Om	9:30-11:00am	Svaroopaa®	Maureen	Namaste
6:30-8:00pm	Svaroopaa®	Maureen	Namaste	6:30-7:45pm	Vinyasa 2-3	Karin	Namaste
<b>TUESDAY</b>				<b>FRIDAY</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>
9:30-11:00am	Svaroopaa®	Maureen	Namaste	9:30-11:00am	Vinyasa 2-3	Amy	Namaste
6:30-7:30pm	Vinyasa Beginner	Courtney C.	Om	11:00-12:00pm	Hatha	Anna	Om
6:30-7:45pm	Vinyasa 2-3	Karin	Namaste				
<b>WEDNESDAY</b>				<b>SATURDAY</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>
8:30-9:15am	Vinyasa Beginner	Lisa	Om	8:00-9:00am	Vinyasa 1	Michele A.	Om
9:30-11:00am	Vinyasa 2-3	Karin	Om	8:30-10:00am	Iyengar Inspired Vinyasa 2-3	Jeremi	Namaste
9:30-11:00am	Iyengar Inspired Vinyasa 2-3	Jeremi	Namaste	10:15-11:45am	Hatha Svaroopaa®	Michelle W.	Namaste
11:15-12:30pm	Vinyasa Gentle	Debra	Om				
6:30-8:00pm	Svaroopaa®	Maureen	Namaste				
6:30-7:45pm	Hot Yoga	Annemieke	Om				
				<b>SUNDAY</b>			
<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>	<b>Studio</b>
				8:30-9:45am	Vinyasa 1-3	Amy	Namaste
				10:00-11:30am	Vinyasa 2-3	Karin	Namaste

**Special Events see Front Desk for additional information:**

Kids Yoga Free Sample Class: Ages 3-9 Thursday, March 4th, 5-5:45pm

Kids Yoga Spring Session: March 9th-April 30th, Ages 5-9, Tue, Wed & Thur, 5-5:45pm, Ages 3&4 Fri 10:10-10:45am

Spring Detox Workshop: Saturday, March 13th, 1-4pm

Satsang with Swami Nirmalananda: Friday, March 26th 7-9pm

**Rates:**            1 class \$15                      5 classes \$70                      10 classes \$120                      20 classes \$235  
                          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.**

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## **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 with a developing 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.

**Alignment Inspired Vinyasa 2-3-** attention to alignment. For those who want a deeper understanding of poses.  
**Iyengar Inspired Vinyasa 2-3-** based on BKS Iyengar's development of using all props, including the ropes wall, to facilitate a deep anatomical understanding of yoga asanas.

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

**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.

**Michele Armstrong**, certified yoga teacher in Vinyasa flow and is lead by 2 principals: that in yogic teaching giving and receiving are one in the same and exactly where one is at present is exactly where one is meant to be.

**Courtney Copper**, a former Rockette, is registered with Yoga Alliance at the 200 Hour Level. She is a certified pilates instructor, member of AFAA and a dance teacher/choreographer.

**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.

**Jeremi Dilworth**, has been teaching yoga since 1995. She has a classical dance background, has worked in BodyMind centering, and investigated yoga based on the work of B.K.S. Iyengar and the Alexander technique.

**Karin Eisen**, is an E-RYT, 200 (Experienced, Registered Yoga Teacher at the 200 hour level), in Power Yoga and Iyengar Yoga, registered with Yoga Alliance, and 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.

**Annemieke Hermans**, Certified YogaKids Int.(CYKT) and Yoga Alliance (RYT 200) teacher, combines fun, playtime, mobility and flexibility to produce a playful experience for each child.

**Lisa Manheim**, M.A. has taught yoga for 14 years and is trained in Anusara, Ashtanga, Bio-Mechanics, Kripalu and with Donna Farhi.

**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.

**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.

**Caitlin Swartley**, was certified in Pre-natal yoga in 2005 through Janice Clarfield at Kripalu Center for Yoga and Health and enjoys helping expectant mothers to understand and feel joy about the changes that pregnancy presents.