

# A GENTLE WAY YOGA CENTER – 2017 – OCTOBER SCHEDULE

New and Long-Time Students - Please Review Our Below Policies Before Attending Classes - Thank You!

Reservations are not required, but suggested to guarantee your spot. Reservations are held up to 10 minutes before class, and then given to any waiting walk-ins.

Due to the size of our rooms, all students are asked to be present and set-up in the yoga room 5-minutes before class begins.

New students - please arrive 15-20-minutes before class time to speak with the teacher and complete registration.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 9:30 DEEPER-TRADITIONAL Diane (L)		7:00-8:00 MODERATE Sean (L)				
10:00 – 11 :30 GENTLE-MODERATE Kristin (L)	9:00 – 10:00 MODERATE Sean (L)	9:00-10:00 MILD-MODERATE Kristin (L)	8:30 – 9:30 DEEPER-TRADITIONAL Diane (L) \$10 Member Special	8:30 – 9:45 MODERATE Sean (L)	8:00-9:15 STRETCH, STRENGTHEN & BALANCE Marguerite (L)	8:30 – 9:45 ACTIVE FLOW Amberley (L)
11:00 – 12:15 BREATH, MOVEMENT & MEDITATION Lanita (A)	11:00-12:00 CHAIRS, WALLS, & BALLS Carolyn (L)	10:30 – 11:45 MODERATE-TRADITIONAL Diane (L)	10:15-11:45 VERY GENTLE (MIMSY®) Lanita & Staff (L)	10:15-11:45 GENTLE-MODERATE Kristin (L)	9:45 – 11:00 MILD-MODERATE Marguerite (L)	10:30 – 12:00 GENTLE Carolyn (A)
12:15 – 1:15 MODERATE Diane (L)	RESTORATIVE YOGA & SOUND HEALING (L) OCT 3- 1st Tue each month 12:30-1:45pm with Amanda \$25-Member Rate	10:30-11:45 GENTLE-MODERATE Kristin (A)	12:15 – 1:15 MODERATE Diane (L)		11:30 – 12:45 ACTIVE MIX Sean (L)	10:30 – 12:30 GENTLE-TRADITIONAL MIMSY - Meditation in Movement Lanita (L)
SOUND CONCERT (A) OCT 2- 1st MON each month *see www.agentleway.com 6:30-7:45pm with Amanda \$25-Member Rate		4:30-5:30 MODERATE Judy	4:00-5:00 MILD-MODERATE Lanita (L)		YOGA for BEGINNERS (L) OCT 21- 3:00-5:00pm 3rd Sat each month \$25-Member Rate	
4:30-6:00 SLOW & RESTORATIVE Lanita (L)	4:30-5:30 - New Time! ACTIVE FLOW Amberley (L)	4:30-6:00 GENTLE Lanita		4:30-5:30 MODERATE Cheryl		
5:30-6:30 ACTIVE MIX Sean (A)	5:45-7:00 GENTLE-MODERATE Amy (L)	6:30-7:45 MODERATE-TRADITIONAL Judy	5:30-6:30 SLOW FLOW TRADITIONAL Kristin (L)	5:00-6:00 STRETCH, STRENGTHEN & BALANCE Sean		
PRENATAL YOGA 6:45-8:00 except the 1st Mondays - Amber	7:30-8:45 GENTLE Amy (L)	7:30-8:45 NEW! STRETCH, STRENGTHEN & BALANCE Sean	7:00-8:15 GENTLE-MODERATE Kristin (L)	6:30-7:45 SLOW & RESTORATIVE Cheryl (L)		
7:00-8:00 MODERATE Judy						38 Weekly Classes

**Yoga Etiquette:** Practice yoga on an empty stomach. Turn off phones when entering Center, and leave in hall cubbies. Enter yoga room with a clean, non-scented body, no perfumes, scented lotions, or aftershaves. Take off jewelry and watches. No shoes in our sacred yoga spaces. Please wash your feet with the baby wipes provided before entering yoga room. Put all props away neatly. Thank you!

**Why We Suggest and Love Reservations:** You may make reservations up to 30-minutes before class online, or call up to 15-minutes before class to see if space is available.

We are a small yoga studio with 2 small yoga rooms. Reservations help our teachers know who is attending so that they may prepare the room properly, and begin to customize classes for individual needs. All reservations require check-in 10-minutes before start time to guarantee your space. Walk-ins are welcome when space is available.

**Reservation Policy & Cancellation Fee:** Reservations need to be prepaid. They may be cancelled by phone or email up to 1-hour before class start time without fees. No-shows and un-cancelled reservations will be charged for 1 class. Students on unlimited packages will be charged \$12 for your uncancel reservation. **Parking:** Allow ample time to find parking and arrive early to your class and set up. Extra parking is available on the street, on Jackson Dr., and across Jackson Dr. in at the old Smog Center. Please do not park in spots marked for our neighbors businesses.