

## Summer Happenings!

### **T'ai Chi with Ron Smith (Thursdays, 6:20 pm)**

Learn the fundamentals of T'ai Chi and the 24 primary movements. This class will reduce your stress while providing a gentle way of stretching, exercising, energy-building & meditation. Beginners/walk-ins welcome!

### **Divine Kids Yoga Camps with Gusti (July 16-20 & July 23-27, 2:30-4:30 pm)**

Kids will learn yoga basics including breathing, postures, mantras, madras, and chakras! Games, crafts, relaxation exercises, and snacks will keep camp exciting and fun! For ages 6-12. 10% sibling discount!

### **84 Asanas with Maggie Metzinger (July 28<sup>th</sup>, 2-4:30 pm)**

Designed for the experienced yoga student who has an unquenchable curiosity and strong desire to deepen their practice, **The 84 Asana Challenge** offers students a chance to explore the stronger postures in a manner that challenges the individual's physical and mental approach to each posture. Maggie's joyful and encouraging style helps others discover how to take their practice to the next level of strength and flexibility. *Although this is an advanced class, curious-minded students of all levels are welcome!*

### **Yoga Basics I with Tara Munro (August 3<sup>rd</sup> – August 5<sup>th</sup>)**

*Heard about Yoga, know you should try it, but don't know where to begin?* One simple, friendly, and effective way to begin is through Yoga Basics. Yoga Basics is a step-by-step series that will guide you through the basic postures, breathing techniques and alignment to create a sound and complete foundation for yoga practice. Questions are encouraged.

**Sign up now at the front desk or online at [www.divineyogacenter.com](http://www.divineyogacenter.com)!**

### Pricing

	Regular	Teacher, Student, & Corporate Discounts with I.D.**	Expirations
<b>New Clients: 10 days for \$20**</b>			
Walk-in (may be applied to same day class pass purchase)	\$15	\$12	
6 class pass (\$13/class)	\$78	\$70	90 days
10 class pass (\$12/class)	\$120	\$108	90 days
15 class pass (\$11/class)	\$165	\$150	120 days
Monthly Unlimited	\$135	\$122	
<b>Monthly Unlimited Auto-Renew**</b>	<b>\$99</b>	<b>\$99</b>	<b>SAVE!</b>
3-mo. Unlimited**	\$345	\$345	
<b>52 Weekends for \$520**</b>			
Private Lessons / Yoga Therapy	\$65 / \$75 per hr	\$80 / \$90 per hr for semi-private	\$100 / \$110 per hr for 3

No extensions, refunds, transfers, exchanges or credits for unused classes.

Series, workshops, special classes, retreats, and teacher trainings are priced separately.

\*\* Restrictions apply. Ask for details. Auto-Renew special expires 8-15-07.



**Divine Yoga Center**

### Divine Descriptions

#### **Gentle Yoga**

- A great introduction to asanas (postures) that will bring balance and clarity to mind and body. Recommended for beginners and those with special limitations.

#### **Iyengar**

- This class teaches techniques of fundamental yoga postures with a focus on proper alignment and symmetry in each pose. Yoga poses are held anywhere from 1-3 minutes and props are used to support and compliment correct positioning. Iyengar deepens the mind-body connection, builds inner strength and increases confidence.

#### **Nia**

- Nia is a body-mind-spirit fitness and lifestyle practice. Through expressive movement-The Body's Way-Nia empowers people to achieve physical, mental, emotional and spiritual well-being. Nia blends yoga with martial arts, dance arts and healing arts. No experience necessary. Bring water and a towel! For more info, visit [www.nianow.com](http://www.nianow.com).

#### **Power Yoga**

- A vigorous style of yoga designed to develop strength, coordination, weight loss, flexibility, and focus followed with relaxation and meditation.

#### **Surya Yoga**

- Come try our heated yoga class! Sweat and squeeze out all the toxins in this class. Surya "Sun" yoga is very therapeutic and is also great for weight loss, healing old injuries, increasing flexibility, and loosening up stiffness. Be sure to bring a bottle of water and a bath towel.

#### **Vinyasa**

- A practice connecting breath with movement. A dynamic form of yoga designed to build strength, flexibility, coordination and focus. Energy boosting and invigorating. Great for weight loss.

#### **Yin Yoga**

- Energetically yoga is of two forms, Yin (no contraction of the muscles, complete passiveness in the posture) and Yang (movement and strength). In Yin yoga the postures are held for 4-5 minutes with some Yang movements in between. Yin is good for the joints, bones, and connective tissues. Very therapeutic!