



Tri Main Center- 2495 Main Street Suite 418
 Buffalo, New York 14214
 www.buffaloyoga.com
 716-835-0703

SUMMER 2010 SCHEDULE Starting June 1st				CLASS DESCRIPTION & SERVICES
Monday	6-715pm	Vinyasa- All Levels	Megan	Beginners & seniors are recommended to attend a gentle/restorative, lunchtime, sunrise, class first. Yoga at Delaware Park- feel the mind body spirit connection within yourself and with nature with outdoor yoga. Meet at Delaware Park-Colvin Entrance grassy area between golf course & Amherst St . Rain location at Buffalo Yoga. Bring water, sunblock, mat, towel.
	730-845pm	Vinyasa inter/adv	Morgen	
Tuesday	930-11am	Alignment Yoga Beg/All Levels (Donation)	Aphinya	Alignment Yoga- "Learn the Pose" - Inspired by Anusara Yoga - Break down and build up your practice by learning the precise alignment and actions. Dao Yin Lung Shen Yoga is a combination of chi kung and kundalini yoga. Dao yin translates as "cultivating the chi"; lung shen as "dragon spirit" referring to the serpentine fire energy of the kundalini. Flow with Grace- Cultivating body awareness on and off the mat inspired by anusara yoga techniques. Gentle/Restorative- Recovering from an injury, living with pain, or stressed out? Restorative is "Active Relaxation", using the support of props in a passive pose to release deeply held tensions, sooth the nervous system for a therapeutic results Hatha Yoga- Hatha means "ha"- sun and "tha" moon conveys a feeling for balance of complementary influences, involving combination of surrender and effort. Holistic Happy Hour- Variety of workshops and activities to get to know yourself in a different way. Call or check website for details on upcoming events. Vinyasa Yoga- means "mindful flow" or "Sequence". A enlivening flow of postures, breath and movement to enliven spirit, awaken and purifies the body and mind. Tai Chi- The ultimate martial art form that moves life force energy creating balance and well being. Reiki & Massage- Many of our teachers are also certified Reiki Practitioners and Licensed Massage Therapists. Available by appointment
	Noon-1pm	Lunchtime Yoga (\$10)	Nicole	
	6-715pm	Flow with Grace Beg/ All Levels	Connie	
	730-845pm	Gentle/Restorative	Cynthia	
Wednesday	630-730am	Sunrise Dao Yin \$10	Turiya	
	Noon-1pm	Lunchtime Yoga (\$10)	Aphinya	
	6-715pm	Vinyasa All Levels	Morgen	
	730-930	Pre-Regist Classes	Various	
Thursday	930-11am	Alignment Yoga Beg/All Levels (Donation)	Aphinya	
	Noon-1pm	Lunchtime Yoga (\$10)	Nicole	
	6-715pm	Vinyasa All Levels	Morgen	
	730-845	Gentle/Restorative	John	
Friday	9-630pm	Pre Regist Classes or GroupYoga Parties	Various	
	7- 830pm	Holistic Happy Hour	Various	
Saturday	8-915am	Tai Chi	John	
	10-1130am	Vinyasa All Level	Megan	
	1-9pm	Workshops and Events	Various	
Sunday	10-1130	Hatha All Levels	Julia	
	Noon-330	Pre-Regist Classes	Various	
	4-515pm	Yoga at Delaware Park	Nicole	
PRICES & REGISTRATION Single Class- \$15 5 class pass -\$65 (valid for 6 months) 10 class pass \$115 (valid for 1 year) 20 class pass \$200 (valid for 1 year) One Month Unlimited -\$120 Three Month Unlimited - \$300		Discounts & Special Offers: 10 class pass for Students & Seniors (over 65) only \$95 New Members \$30 for two week unlimited amount of yoga!		

BUFFALO YOGA- A PLACE TO EMBRACE ALL THAT WE ARE! Updated 5/27/10