

Class Descriptions

All Inner Freedom Yoga teachers are trained in Anusara Yoga®. We emphasize safe alignment, personal attention and opening the heart.

Basics -1: Focus on basic postures and breath, flexibility, strength and healthy alignment. Perfect for beginners, seniors, people who are stiff, have injuries or health issues, and anyone wanting to move more slowly.

Flow: For all levels, a flow (vinyasa) style class with great alignment instructions. Only \$5.

Level 1: Ideal for those new to yoga, these classes focus on alignment, strengthening, breath, ease, safety and stability in the basic yoga poses.

Level 1 - 2: More challenging for those with some yoga experience. Poses may be sustained longer, discussed in greater detail, or strung together in flowing sequences.

Level 1 - 2+: More challenging and energizing.

Level 2: Includes more challenging versions of all poses often with vinyasa flows. Too challenging for most beginners though modifications are offered for different levels of students. Ends with a 5-minute meditation.

Practice Level 2 - 3 (P 2 - 3): Robyn leads and practices with you through challenging sequences set to music. For intermediate/advanced students.

Fees

Drop - Ins

\$12

\$5 - 10 Tues/Thurs Community Class

\$5 Tues/Thurs Community Flow

Passes

3 class pass - \$33

6 class pass - \$60- 65 (sliding scale)

12 class pass - \$108 - 120 (sliding scale)

Monthly Pass (MP) - \$95 - 115 (up to 20 classes)

Full - Time Students and Seniors 65+

\$9 Drop - In, 6 class pass: \$45 - 55

*Pay Pal on website for select workshops and passes.

www.InnerFreedomYoga.com

(707) 440 - 2111

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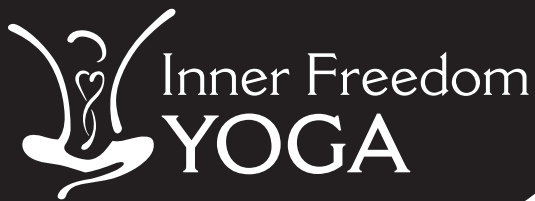
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Class Schedule

Jan. - Mar. 2012

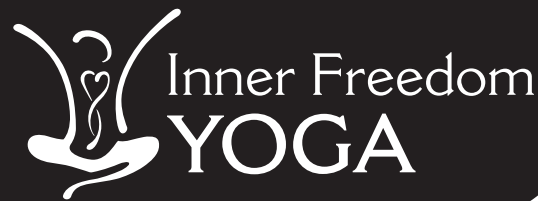
Mon	8:30 - 9:45 a.m.	Donvieve	Basics-1
	10 - 11:15 a.m.	Donvieve	1 - 2
	5:30 - 6:45 p.m.	Robyn	1
	6 - 7:30 p.m.	Patrick*	All
Tues	9 - 10:15 a.m.	Jaime**	1
	4 - 5 p.m.	Micki***	\$5 Flow
	5:30 - 7 p.m.	Patrick	1 - 2 +
Wed	9 - 10:30 a.m.	Robyn	1 - 2
	10:45 - 12:30 p.m.	Robyn	P 2 - 3
	5:30 - 6:45 p.m.	Robyn	1
Thurs	9 - 10:15 a.m.	Jaime**	1
	4 - 5 p.m.	Micki***	\$5 Flow
Fri	9 - 10:40 a.m.	Robyn	1 - 2+
	11 a.m. - 12:30 p.m.	Kendra	Basics-1
	5:15 - 6:30 p.m.	Kendra	1 - 2
Sat	9 - 10:30 a.m.	Patrick	1 - 2

*This class held at The Westhaven Center for the Arts
 Community Class: \$5 - 10, *Community Class: \$5
 Check Website for Fall updates and full list of workshops.

Upcoming Events

Advanced Intensive: Jan. 9 - 13 with Robyn
 Beginners' Yoga Series: Jan. 17 - 31, Tues. 7:15 p.m.
 Anusara workshops w. Sundari Lucey
 Jan. 20 - 22. Great teacher from Jackson Hole
 Restorative Yoga and Sound Healing:
 Sunday, January 29, 2 - 4:30 p.m. \$35/\$40
 Alignment Intensive Feb. 3 - 5
 Immersion and Teacher Training starts Feb. 3
 Yoga Darshana Series: 2/7 - 4/24, Tues. 7:15 p.m.
 Shantala Kirtan: Saturday, May 26, 8 p.m.

Community Yoga Center - 890 G St - Arcata Plaza
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