



Class Descriptions

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

All: For all levels of students. Beginners welcome. Teachers offer options for different abilities.

Basics -1: Ideal for those new to yoga. 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.

Community: This all-levels alignment based flow class is priced to be accessible to students of lower income.

Level 1: For those new to yoga, or wanting a slower pace. Focus is 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 often with vinyasa flows. Modifications are offered for different levels of students. Ends with short meditation.

Fees

NEW STUDENT SPECIALS: 10 classes for \$85
Offered through Sept. 30 - for anyone New to IFY. Expires Dec. 31.

Drop - Ins: \$13 for all classes except
\$10 One-Hour Classes, \$8 Community Classes

Passes:

5 class pass: \$55
10 class pass: \$95 - 110 (sliding scale)
5 Class pass for One-Hour Classes: \$45
10 class Community pass: \$70

Full - Time Students and Seniors 65+
\$9 Drop - In, 6 class pass: \$48 - 58

Pay Pal on web for select workshops and passes

www.InnerFreedomYoga.com
(707) 440 - 2111



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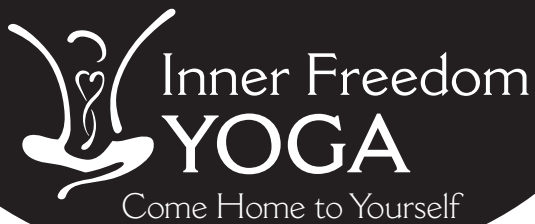
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Class Schedule

Sept. - Dec.

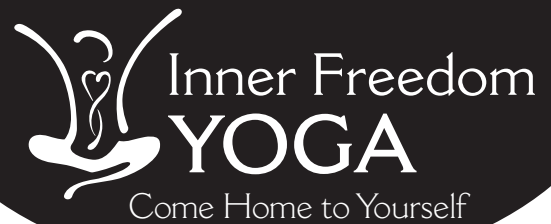
| | | | |
|-------|----------------------|----------|----------------|
| Mon | 9 - 10 a.m. | Monica** | Community |
| | 10:30 - 11:45 a.m. | Donvieve | Basics-1 |
| | 5:30 - 6:45 p.m. | Robyn | 1 |
| | 6 - 7:30 p.m.* | Micki | All |
| Tues | 9 - 10 a.m. | Amy | All |
| | 10:15 - 11:45 a.m. | Robyn | 1 - 2 |
| | 5:30 - 7 p.m. | Patrick | 1 - 2 + |
| Wed | 9 - 10 a.m. | Monica** | Community |
| | 10:30 - 11:45 a.m. | Donvieve | Basics-1 |
| | 4:30 - 5:15 p.m. | Robyn | Meditation \$5 |
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| Thurs | 9 - 10 a.m. | Amy | All |
| | 10:15 - 11:45 a.m. | Robyn | 1 - 2 |
| Fri | 9:15 - 10:45 a.m. | Shemaia | 1 - 2 + |
| | 11 a.m. - 12:30 p.m. | Janet | Basics-1 |
| | 5:30 - 6:30 p.m. | Patrick | 1 - 2 |
| Sat | 10 - 11:30 a.m. | Ali | 1 - 2 |

*This class held at The Westhaven Center for the Arts
 **Community Class: \$8 or 10 for \$70
 Check website for updates and full list of workshops.

Upcoming Events

Intro to Yoga: Tuesdays, Sept. 8 - 22, 7:15 p.m.
Sarahjoy Marsh Workshops: Sept. 11 - 13
 Visiting teacher from Portland, OR
Self Esteem Transformation Group: Sept. 29
 - Oct. 27: Tuesdays, 7:15 - 8:45 p.m.
Sacred Sound Concert: Sat., Sept. 26, 8 p.m.
Sacred Sound Workshop: Sun., Sept. 27, 1 - 4
 p.m. - both with John Wubbenhorst from Marin
Lower Backs, Hips and Sacrum: Oct. 17
Upper Back, Neck and Shouders: Nov. 14

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