

# { SEPTEMBER 2010 }

Classes are 90 minutes unless noted otherwise. Beginners welcome at most classes. Class pre-registration not required – just show up.

🚪 New class	🕉 Great for beginners
★ New teacher	🔹 NOT for beginners
🕒 New time	♥ suggested donation of at least \$10 to cover teacher and overhead, but no sincere student turned away for lack of funds
🗓 Does not meet weekly	
👤 Prenatal-trained teacher	
» Class cancelled one week this month, see Classes page on JSY website for details	

## SUNDAY

9a	Henry	Meditative Posture Flow	🕉	\$16
»11a	Tra	Yoga Workout	🔹	\$16
1-3p 🗓	Todd	Acro Yoga Sep 12	🔹	\$20
4:45-5:45p 🗓	Sarah	Hooping	🕉	♥
»6-7p	Stacey	Yoga for EveryBody	🕉	♥
7:30p	William	Nude Men – Meditative	🔹	\$16

## MONDAY

6:30-7:30a	William	Morning Yoga	🕉	♥
8-9a	Frani	Morning Yoga	🕉	♥
10:30a	Rebecca	Gentle Stretch	🕉	\$16
»4:30p	Charles	Yoga Workout	🔹	\$16
»6:15-7:15p	Hanlie	Yoga for EveryBody	🕉	♥
»7:30p	Stacey	Gentle Stretch	🕉	\$16

## TUESDAY

6-7a	Diane	Morning Yoga	🕉	♥
8-9a	Susan	Morning Yoga	🕉	♥
»10a	Terri	Adaptive Yoga	🕉	♥
»12:30p	Joan	Dance Meditation	🕉	\$16
»4:30p	Chris	Meditative Posture Flow	🕉	\$16
6:15p	William	Yoga Workout	🔹	\$16

## WEDNESDAY

6:30-7:30a	Jamie	Morning Yoga	🕉	♥
8-9a	Henry	Morning Yoga	🕉	♥
12:15-1:15p	Henry	Yoga for EveryBody	🕉	♥
4:30p	Todd	Yoga Workout	🔹	\$16
6:15-7:15p	Chris	Yoga for EveryBody	🕉	♥
7:30p	Sep 1	No class		
	Sep 8-Oct 27	Yoga Basics with William		\$108/series

## THURSDAY

8-9a	Frani	Morning Yoga	🕉	♥
9:30a	Vladimir	Meditative Posture Flow	🕉	\$16
4:30p	Vladimir	Gentle Stretch	🕉	\$16
6:15p	Kristin	Yoga Workout	🔹	\$16
8p	Chuck	Nude Men – Yoga Workout	🔹	\$16

## FRIDAY

8-9a	Lib	Morning Yoga	🕉	♥
9:30a	Tra	Yoga for EveryBody	🕉	\$16
12:15-1:15p	Hanlie	Yoga for EveryBody	🕉	♥
»4:30p	Susan	Meditative Posture Flow	🕉	\$16
🚪6:15p	Melissa/Yoganand	Pranakriya Yoga	🕉/🔹	\$16
8p 🗓	John	Tantra Kriya Yoga Sep 10		\$16

## SATURDAY

8:30a	Rebecca	Gentle Stretch	🕉	\$16
10:30a	Sandi	Meditative Posture Flow	🕉	\$16
🕒12:15p	Charles/Yoganand	Yoga Workout/Pranakriya	🔹	\$16
3:30p 🗓	Joan	Dance Meditation Sep 4, 18	🕉	\$16

{ HANG UP THE SCHEDULE & COME OFTEN }

# { UPCOMING EVENTS }

## Contact! series with Henry Scott

September 7–October 26 Tuesdays 8–9:30p  
 \$108/series, no drop-ins unless you've previously done Henry's series at JSY  
[jaishantiyoga.com/contact](http://jaishantiyoga.com/contact)

## Yoga Basics with William Hufschmidt

September 8–October 27 Wednesdays 7:30p  
 \$108/series, \$16 drop-in [jaishantiyoga.com/basics](http://jaishantiyoga.com/basics)

## Thai Salon with William & Friends

September 11 Saturday 2:30–6:30p  
 September 23 Thursday 11:30–2:30p  
 October 30 Saturday 2:30–6:30p  
 Prepaid: \$45 for 45-minute session [jaishantiyoga.com/thaisalon](http://jaishantiyoga.com/thaisalon)

## LED Hooping Party with Sarah Barks

September 11 Saturday 7:30–9:30p \$20 drop-in  
[jaishantiyoga.com/hoopdance](http://jaishantiyoga.com/hoopdance)

## Deaf Yoga with Frani Green & Donna Flanders

September 19 Lake Claire Co-housing Meeting Room  
 October 19 Jai Shanti Yoga Sunday 12:45–2:45p  
 \$16 drop-in [jaishantiyoga.com/deafyoga](http://jaishantiyoga.com/deafyoga)

## Contact Jam with Henry Scott

September 19 Sunday 3–4:30p \$16 drop-in  
[jaishantiyoga.com/contact](http://jaishantiyoga.com/contact)

## Pranakriya Thai Yoga Therapy: The Yoga of Touch with William Hufschmidt

September 24–28 Jai Shanti Yoga \$450  
[atlytt.com/certifications/thaiyogatherapy.html#basicform](http://atlytt.com/certifications/thaiyogatherapy.html#basicform)

## Atlanta Yoga Conference

October 1–3 [atlantayogaconference.com](http://atlantayogaconference.com)

## Advanced Pranayama with William Hufschmidt & Yoganand Michael Carroll

October 22–26 Jai Shanti Yoga  
 \$400 30 days in advance, \$450 thereafter  
[atlytt.com/certifications/500ytt.html#pranayama](http://atlytt.com/certifications/500ytt.html#pranayama)

## Thanksgiving Day with William

November 25 Thursday 9:30a Donation



# JAI SHANTI YOGA

*The Space for EveryBody*

To learn more about Jai Shanti Yoga and our schedule of events:

## jaishantiyoga.com

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