



FIRST WEEK FREE to ALL NEW STUDENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8-9:15a.m. power/vinyasa Suzy	
9:30-10:30 a.m. power/vinyasa Suzy	9:30-10:30a.m. power/vinyasa Brenda	9:30-10:30 a.m. power/vinyasa Suzy	9:30-10:30 a.m. power/vinyasa Renee	9:30-10:30 a.m. power/vinyasa Daisy	9:30-10:30 a.m. pure slow flow Megan	9:00-10:30 a.m. ashtanga series Renee
10:45-12 p.m. puregentle Lori	11:30am-12:30pm chair yoga Renee	10:45-12 p.m. puregentle Daisy	11:30am-12:30pm chair yoga Renee	10:45-12 p.m. puregentle Daisy	11-11:45a.m. pureyoga kids Claire	11a.m.-12p.m. purelybeginner Annalicia
	5:30-6:30 p.m. pure slow flow Michel	4:30-5:30 p.m. purelybeginner Elisabeth	5:30-6:30 p.m. pure slow flow Bridget			
6-7:15p.m. power/vinyasa Suzy	7-8 p.m. power/vinyasa Michel	6-7:15 p.m. power/vinyasa Lori	7-8 p.m. power/vinyasa Megan			7-8 p.m. candlelight flow Erin

YOGA FOR EVERYAGE & EVERYBODY

- purepoweryoga** *This is an invigorating class open to all levels. It incorporates breath with your movements and is designed to build strength and flexibility, increase concentration and relieve stress!*
- puregentleyoga** *What a great way to explore yoga for the first time, nurse an injury, or for the more experienced yogi, spend more time on the foundations of each pose.*
- pureslowflow** *This class slows down the flow of a power/vinyasa class, taking more time in warm-up and savasana. What's savasana? You'll have to come find out! It's a great introduction to yoga!*
- purelybeginner** *This class teaches basic standing and floor postures in a fun, explorative environment to create a strong foundation. **\$8 drop-in!***
- purelyashtanga** *This method of yoga involves synchronizing the breath with a progressive series of postures-a process producing internal heat and purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light, strong body, and calm mind.*
- purechair yoga** *The chair is the main prop and allows everyone to participate moving at their own pace while building confidence, strength and stability.*
- pureyogakids** *This program gives children a practice and routine that integrates physical, mental and emotional development by implementing breathing techniques, yoga poses, games and relaxation techniques. We also host yoga parties for kids.*

Drop-In: \$15 (10) Pack: \$120 One Month Unlimited: \$129 Auto Renew Monthly Unlimited: \$100

www.pureyoga.us

Liberty Village, 105 New England Place, Suite 120, Stillwater • 651 283-8282