

Class Schedule • March 2012

Monday

9am	Yin & Yang Yoga	Kathleen
11am	Gentle Yoga	Kathleen
6pm	Yoga Roots	Svetlana

Tuesday

9am	Yoga Wings	Svetlana
6pm	Yin Yoga	Kathleen

Wednesday

9am	Yoga Facelift	Svetlana
11am	Gentle Yoga	Kathleen
6pm	Yoga Wings	Marisa/Michelle

Thursday

9am	Yin & Yang Yoga	Kathleen
6pm	Yoga Roots	Svetlana

Friday

11am	Yin Yoga	Kathleen
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Saturday

10am	Yoga Wings	Erin/Michelle
11:30am	Restorative Yoga	Svetlana
1pm	Yoga Facelift	Svetlana

Sunday

10am	Yoga Wings	Marisa/Michelle/ Erin
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All classes 75 minutes

Check Facebook postings for up to date schedule
and for weekend teachers

Fees

Single Class	\$12
Full-time Students	\$8
Seniors (60+)	\$8
Private Sessions	\$55 per hour
Passes	
2-class pass	\$20
4-class pass	\$36
8-class pass	\$68
12-class pass	\$96
20-class pass	\$150

Passes expire 90 days from purchase.

You may bring a guest on your pass.

Partners & family members may share passes.

No refunds/extensions.

Ask about \$1 Conscious Cash rewards program

Donation based-scholarships offered.

Visa & Mastercard accepted

* Gift Certificates available *

General Information:

Please arrive 10-15 minutes before class starts.

If you arrive late, please wait quietly for instructor to admit you.

Avoid heavy meals 2-3 hours before class.

Wear comfortable clothing that allows a full range of movements;
refrain from wearing perfumes and fragrances.

Props including mats are provided. You are encouraged to bring
your own mat.

If you perspire heavily, bring a towel.

Please turn off cell phones, or better yet, leave them in the car.

Advise instructors of any injuries/conditions that might require
special attention.

We encourage all interested students.



2507 Market Street
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March 2012

www.theyogahaven.net

GALVESTON ISLAND'S YOGA RESOURCE

Classes

Yin & Yang Yoga: Find a skillful balance between dynamic(yang) and reflective(yin). Explore the interplay of these complimentary energies with both vinyasa and long-held postures. Cultivating awareness of breath as a guide to both mindful action and meditative stillness, the source of our natural vitality is revealed.

Yoga Roots: For students new to Hatha yoga, or as a refresher for returning students, this Iyengar-style class provides a foundation for building a yoga practice. Focus is on alignment principles to enhance the benefits, safety and understanding of asanas(postures).

Yoga Wings: A Vinyasa-flow class using surya namaskar(sun salutations) as a thread woven throughout the practice. Standing poses, forward & backbends, twists, balance poses and inversions are sequenced with the vinyasa. This dynamically-paced series builds internal heat, strength, stamina and flexibility.

Restorative Yoga: An Iyengar-style class using props to target openings, create stability and enhance alignment. Postures are held for an extended time to increase benefits. This practice is therapeutic, rejuvenating and relaxing. Suitable for all levels.

Yin Yoga: A compliment to dynamic yoga practices, an antidote to a fast-paced lifestyle. Primarily floor work, Yin Yoga targets the connective tissues. Postures are held, muscles are invited to yield and space is opened in the joints, allowing energy to flow. Focused and reflective, this practice encourages a healthy, supple body and a cool, peaceful mind.

Gentle Yoga: A practice designed for beginners, older students or those wanting a slower pace. Class includes both dynamic and static postures sequenced to develop strength, balance and flexibility. Meditation and breathing techniques are introduced to support the release of physical and mental tension.

Announcements & Events:

Please note changes & additions to Saturday's Schedule: Yoga Wings class changes from 9am start time to 10am-11:15am; Restorative Yoga shifts from 11am start time to 11:30 am to 12: 45pm.

New Class: Yoga Facelift w/Svetlana

Wednesday 9am-10:15am & Saturday 1pm-2:15pm

You can positively transform your face! You do have control over what your face transmits. This series teaches facial exercises for neck, jaw, cheeks, lips, eyes, and forehead. Learn techniques for isolating and exercising the muscles of the face. The series includes postures and breathing practices that promote circulation and detoxify the skin. Learn to release tension and strain from the face while toning muscles and easing wrinkles. This will be a fun and useful series, we encourage you to try it and to bring your friends! With conscious practice you will look better & feel better about how you look. In March we'll offer the series on Wednesday at 9am & Saturday at 1pm. The classes are 75 minutes long.

Cost: Regular class rates apply

Friday March 23rd

6:30 - 7:30pm

Nia Night with Cathy Stovall

Cathy will guide us through this session called "RI", which means WE ARE ONE. Through joyous movement and soul-filled music we'll find our groove, and explore the concept of interconnectedness. Blending dance arts, martial arts and the healing arts in an hour's journey of discovery and sharing; though the magic of the music and relationships we will inspire mobility, strength and stability. See you on the dance floor!

Cost: \$10 Donation for ADA House Nia/Yoga Program

**Pre-Registration is recommended for these special event classes.*

visit our facebook page for daily updates & announcements, details on events & photos.

Welcome

Located on Market Street in historic downtown Galveston, The Yoga Haven has been the island's center for yoga practice since 2005. With natural light, high ceiling, exposed brick, bamboo floor and warm inviting atmosphere, the studio provides an inspiring environment for yoga and movement classes. The Yoga Haven offers daily classes for students of all levels as well as special event workshops. The studio's retail store showcases organic clothing, books, music, gifts and props for yoga and meditation.

Our dedicated staff of certified instructors provide students with safety, support and encouragement to embark and advance on the path of yoga and movement arts for health and well-being. Modifications and variations are suggested to address individual needs.

Studio director, Kathleen DiNatale leads the staff of instructors who bring experience and enthusiasm to each class. Svetlana Zhikareva, Marisa Pelonero, Erin Seale, Michelle Johnson, and other Galveston based certified yoga and movement instructors share their practice and knowledge. We value our community of practitioners and welcome all newcomers and visitors to the island to join us.