



Yoga Classes

Summer Series May - August 2015

With
Alan Franzi, MS, CYT

CLASS FEES

(Includes all applicable taxes)

\$156.00

for one class per week for the eleven week series

\$169.00

for the 12 week series (Sundays and Mondays)

\$230.00

for unlimited classes for the 12 week series

\$17.00

per class to drop-in.

For more information about classes and workshops contact Alan at: (203)488-1700

alan@creativeedgeyoga.com

www.creativeedgeyoga.com



Alan Franzi, M.S., C.Y.T.

has over 25 years' experience teaching Yoga and doing Yoga therapy the New Haven and Shoreline area. He is certificate trained in Sivananda Yoga, Kundalini Yoga, Gestalt psychotherapy. In addition his teaching draws on his study and practice in Kripalu Yoga, The Egoscue Method of Posture Alignment, Mindfulness Meditation and Stress Management Techniques to support students' movement toward wholeness and well-being.

SHOERELINE CENTER FOR WHOLISTIC HEALTH

35 Boston St
Guilford, CT

(In the Boston Common near the Guilford Green)

Morning Series

Wednesday Mornings

June 3 - August 19 (11 weeks)

No class on 7/8/15

"Yoga Basics: Relax and Renew"

9:30-10:45am

All levels of experience

Evening Series

Tuesday Evenings

June 2 - August 18 (11 weeks)

No class on 7/7/15

"Yoga Basics: Flexibility and Stress Relief"

6:00-7:15pm

For beginners and those seeking a moderate Yoga experience

"Yoga Beyond the Basics: Mastering Flow, Freedom and Peace"

7:30-8:45pm

Some experience with Yoga recommended

Wednesday Evenings

June 3 - August 19 (11 weeks)

No class on 7/8/15

"Kundalini Yoga Basics"

4:30-5:45pm

For beginners and those seeking a moderate Yoga experience

"Yoga Basics: Ageless Ease"

6:00-7:15pm

For beginners and those seeking a gentler Yoga experience

*****Now at the Shoreline Center for Wholistic Health Morning Series**

Sunday Mornings

May 31 – August 23 (12 weeks)

No class on 7/5/15

"Yoga Serenity, Stress Relief, and Wellness"

9:30-10:45am

All levels of experience

****THE JEWISH COMMUNITY CENTER**

360 Amity RD(Rt 63)
Woodbridge, CT

---No JCC membership required

Evening Series

Monday Evenings

June 1 - August 24 (12 weeks)

No class on 7/6/15

"Yoga Basics:

Fitness Foundations"

6:00-6:55 pm

(in the JCC fitness room)

For beginners and those seeking a moderate Yoga experience

"Yoga Beyond the Basics: Mastering Fitness, Freedom and Peace"

7:15-8:30pm

Some experience with Yoga recommended
