



# Yoga Classes

## Fall Series September - November 2015

With  
**Alan Franzi, MS, CYT**

### CLASS FEES

(Includes all applicable taxes)

**\$116.00**

*for the 8 week series*

**\$200.00**

*for two or more classes per week for the eight 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](mailto:alan@creativeedgeyoga.com)

[www.creativeedgeyoga.com](http://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)

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#### Morning Series

Wednesday Mornings  
September 9 – November 4, 2015

(8 weeks)

no class on October 14th

#### “Yoga Basics: Relax and Renew”

**9:30-10:45am**

All levels of experience

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#### Evening Series

Tuesday Evenings  
September 8 – November 3, 2015

(8 weeks)

no class on October 13th

#### “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

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Wednesday Evenings  
September 8– November 4, 2015

(8 weeks)

no class on October 14th

#### “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

September 13 – November 8, 2015  
(8 weeks)

no class on October 11th

#### “Yoga for Serenity, Stress Relief, and Wellness”

**9:30-10:45am**

All levels of experience

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### \*\*\*THE JEWISH COMMUNITY CENTER

360 Amity RD(Rt 63)  
Woodbridge, CT

---No JCC membership required

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#### Evening Series

Monday Evenings

August 31 – November 9, 2015 (8 weeks)

no class on September 7, 14 and October 12th

#### “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

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