



Yoga Classes

Holiday Series

November 2015 - January 2016

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

www.creativeedgeyoga.com



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

has over 25 years' experience teaching Yoga and practicing Yoga therapy in 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

November 11 – January 13, 2016
(8 weeks)

no class on December 23 & 30th

“Yoga Basics: Relax and Renew”

9:30-10:45am

All levels of experience

Evening Series

Tuesday Evenings

November 10 – January 12, 2016 (8 weeks)

no class on December 22 & 29th

“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

November 11 – January 13, 2016
(8 weeks)

no class on December 23 & 30th

“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

November 15 – January 10, 2016
(8 weeks)

no class on December 27th

“Yoga for 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

November 16 – January 11, 2016
(8 weeks)

no class on December 28th

“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
