



Yoga Classes

Winter Series: January – March, 2016

With
Alan Franzi, MS, CYT

CLASS FEES
(Includes all applicable taxes)

\$116.00

for the eight 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 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
January 20 – March 16(8 weeks)
(no class on 2/17)

“Yoga Basics: Relax and Renew”

9:30-10:45am

All levels of experience

Evening Series

Tuesday Evenings
January 19 - March 15 (8 weeks)
(no class on 2/16)

“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

January 21-March 18 (8 weeks)
(no class on 2/18/15)

“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

Morning Series

Sunday Mornings

January 17 – March 13 (8 weeks)
(no class on 2/14)

“Yoga for Serenity and Stress Relief”

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

January 18-March 14 (8 weeks)
(no class on 2/15)

“Yoga Basics: Fitness Foundations”

6:00-6:55pm

(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
