



Yoga Classes

Spring Series: March - May, 2016

With
Alan Franzi, MS, CYT

CLASS FEES
(Includes all applicable taxes)

\$145.00
for the ten week series

\$220.00
for two or more classes per week for the ten 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
March 23 – May 25 (10 weeks)

“Yoga Basics: Relax and Renew”

9:30-10:45am

All levels of experience

Evening Series

Tuesday Evenings
March 22 – May 24 (10 weeks)

“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

March 23 – May 25 (10 weeks)

“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
March 20– May 22 (10 weeks)

“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
March 21– May 23 (10 weeks)

“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
