



With Alan Franzi, MS, CYT

CLASS FEES (Includes all applicable taxes)

\$160.00

for the eleven week series

\$240.00

for two or more classes per week for the eleven 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 in the New Haven and Shoreline area. He is certificate trained in Kundalini Yoga through Ravi Singh and Ana Brett, Sivananda Yoga, and Integrative Yoga Therapy. He is a Certified Posture Alignment Specialist (PAS), trained by the Egoscue University. His teaching draws on his continuing advanced study and, Mindfulness Meditation and Stress Management Techniques to help students achieve their optimal wellbeing.

# Yoga Classes

Summer Series: June – August, 2016

## SHORELINE 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

June 8 – August 24 (11 weeks)

No class on July 6

### “Yoga Basics: Relax and Renew”

9:30-10:45am

All levels of experience

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### Evening Series

Tuesday Evenings

June 7 – August 24 (11 weeks)

No class on July 5

### “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

June 8 – August 24 (11 weeks)

No class on July 6

### “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

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## Morning Series

Sunday Mornings

June 5 - August 21(11 weeks))

No class on July 3

### “Yoga for Serenity and Stress Relief”

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

June 6 - August 22 (11 weeks)

No class on July 4

### “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

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