



# Yoga Classes

Fall Series: September - November, 2016

With  
**Alan Franzi, MS, CYT**

**CLASS FEES**  
(Includes all applicable taxes)

**\$120.00**  
*for the eight week series*

**\$200.00**  
*for two or more classes per week for the eight week series*

**\$18.00**  
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 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.

**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

September 7 – November 2(8 weeks)  
no class on 10/12/16

**“Yoga Basics: Relax and Renew”**

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

All levels of experience

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**Evening Series**

Tuesday Evenings

September 6 – November 1(8 weeks)  
no class on 10/11/16

**“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

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Wednesday Evenings

September 7 – November 2(8 weeks)  
no class on 10/12/16

**“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

September 11 – November 5(8 weeks)  
no class on 10/9/16

**“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

September 12 – November 6(8 weeks)  
no class on 10/10/16

**“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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