



# Yoga Classes

## Holiday Series

November 2016 - January 2017

With  
**Alan Franzi, MS, CYT**

### CLASS FEES

(Includes all applicable taxes)

**\$135.00**

*for the nine week series*

**\$120.00**

*for the 8 week Sunday and Monday series*

**\$215.00**

*for two or more classes per week for the nine 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 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.

### 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

November 9, 2016– January 11, 2017

(9 weeks)

no class on December 28<sup>th</sup>

#### “Yoga Basics: Relax and Renew”

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

All levels of experience

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#### Evening Series

Tuesday Evenings

November 8, 2016– January 10, 2017

(9 weeks)

no class on December 27<sup>th</sup>.

#### “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

November 9, 2016– January 11, 2017

(9 weeks)

no class on December 28<sup>th</sup>

#### “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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### SHORELINE CENTER FOR WHOLISTIC HEALTH

#### Morning Series

Sunday Mornings

November 14, 2016– January 15, 2017

(8 weeks)

No class on December 25<sup>th</sup> & January 1<sup>st</sup>

#### “Yoga for Serenity, Stress Relief, and Wellness”

**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

November 14, 2016– January 15, 2017

(8 weeks)

No class on December 26<sup>h</sup> & January 2<sup>nd</sup>

#### “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

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