



# Yoga Classes

Winter Series: January – March, 2017

With  
**Alan Franzi, MS, CYT**

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

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

**\$210.00**  
*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 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)

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**Morning Series**  
Wednesday Mornings  
January 18 – March 15, (8 weeks)  
(no class on 2/22)/17

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**“Yoga Basics: Relax and Renew”**  
**9:30-10:45am**  
All levels of experience

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**Evening Series**  
Tuesday Evenings  
January 17 - March 14 (8 weeks)  
(no class on 2/21/17)

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**“Yoga Basics: Flexibility and Stress Relief”**  
**6:00-7:15pm**

For beginners and those seeking a moderate Yoga experience

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**“Yoga Beyond the Basics: Mastering Flow, Freedom and Peace”**  
**7:30-8:45pm**  
Some experience with Yoga recommended

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Wednesday Evenings  
January 18-March 15 (8 weeks)  
(no class on 2/22/17)

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**“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  
January 23-March 20 (8 weeks)  
(no class on 2/19/17)  
**“Yoga for Serenity and Stress Relief”**  
**9:30-10:45am**  
All levels of experience

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**\*\*\*THE JEWISH COMMUNITY CENTER**  
4 Research Dr  
Woodbridge, CT  
**\*\*\*New Location**  
---No JCC membership required

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**Evening Series**  
Monday Evenings  
January 23-March 20 (8 weeks)  
(no class on 2/20/17)

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**“Yoga Basics: Fitness Foundations”**  
**6:00-6:55pm**  
**(in the JCC fitness room)**  
For beginners and those seeking a moderate Yoga experience

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**“Yoga Beyond the Basics: Mastering Fitness, Freedom and Peace”**  
**7:15-8:30pm**  
Some experience with Yoga recommended  
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