

# CORPO Yoga Studio – Class Schedule

# OCTOBER, 2017

9030 SW 72<sup>nd</sup> CT – Downtown Dadeland – 33156 – 305.670.2010 – [www.corpoyogamiami.com](http://www.corpoyogamiami.com)

MON	TUE	WED	THU	FRI	SAT	SUN
8:30-9:30am <sup>OPEN</sup> Vinyasa/Andrea K		8:30-9:30am <sup>OPEN</sup> Vinyasa/Andrea K		8:30-9:30am <sup>OPEN</sup> Vinyasa/Andrea K	9:00-10:30am <sup>INTER</sup> Ashtanga <sup>FULL</sup> /Beatriz	8:30-11:00am <sup>OPEN</sup> Mysore/Andrea
	9:30-11:00am <sup>BASIC</sup> Basics/Andrea K	9:30-11:00am <sup>OPEN</sup> Anusara/Carol	9:30-11:00am <sup>BASIC</sup> Basics/Andrea K	9:30-11:00am <sup>OPEN</sup> Anusara/Carol	9:00-10:15am <sup>OPEN</sup> Fluidus/Maya	9:00-10:15am <sup>OPEN</sup> Anusara/Carol
9:30-11:00am <sup>OPEN</sup> Vinyasa/Kelly		9:30-11:00am <sup>OPEN</sup> Vinyasa/Kelly		9:30-11:00am <sup>OPEN</sup> Vinyasa/Joan	10:30-12:00pm <sup>OPEN</sup> Vinyasa/Joan	10:15-11:45am <sup>INTER</sup> VinyasaWarrior/Kelly
11:00-1:00pm <sup>OPEN</sup> Mysore/Andrea	11:00-1:00pm <sup>OPEN</sup> Mysore/Andrea	11:00-1:00pm <sup>OPEN</sup> Mysore/Andrea	11:00-1:00pm <sup>OPEN</sup> Mysore/Andrea	11:00-1:00pm <sup>OPEN</sup> Ashtanga <sup>FULL</sup> /Andrea	10:30-12:00pm <sup>4-8yr</sup> KIDS /Christina	11:30-12:45pm Kundalini/Marlene
12:15-1:15pm <sup>OPEN</sup> Vinyasa/Rachel	12:15-1:15pm <sup>BASIC</sup> Yin Yoga/Martha V.	12:15-1:15pm <sup>OPEN</sup> Vinyasa/Joan	12:15-1:15pm <sup>OPEN</sup> Vinyasa/Kerstin	12:15-1:30pm <sup>BASIC</sup> Restorative/Rachel	12:00-1:30pm <sup>BASIC</sup> Basics/Kelly	11:45-1:00pm <sup>BASIC</sup> Restorative/Rachel
					12:00-1:30pm <sup>8-13yr</sup> TWEENS/Christina	
6:00-7:30pm <sup>OPEN</sup> Ashtanga <sup>HALF</sup> /Joan	6:00-7:30pm <sup>OPEN</sup> Ashtanga <sup>HALF</sup> //Caro	6:00-7:30pm <sup>OPEN</sup> Ashtanga <sup>HALF</sup> /Beatriz	6:00-7:30pm <sup>OPEN</sup> Ashtanga <sup>HALF</sup> /Caro	4:30-6:00pm <sup>OPEN</sup> Anusara/Tomás		
6:00-7:30pm <sup>OPEN</sup> Anusara/Tomás	6:00-7:30pm <sup>OPEN</sup> Vinyasa/Joan	6:00-7:30pm <sup>OPEN</sup> Vinyasa/Joan	6:00-7:30pm <sup>OPEN</sup> Vinyasa/Martha B.			
7:30-8:45pm <sup>BASIC</sup> Restorative/Joan	7:30-8:45pm <sup>BASIC</sup> Yin Yoga/Martha V.	7:30-8:45pm <sup>BASIC</sup> Restorative/Joan	7:30-8:45pm <sup>BASIC</sup> Yin Yoga/Martha V.			
7:30-8:45pm <sup>OPEN</sup> Vinyasa/Katrina	7:30-8:45pm <sup>OPEN</sup> Vinyasa/Jessica	7:30-8:45pm <sup>OPEN</sup> Vinyasa/Katrina	7:30-9:00pm* Meditation Course		*Meditation Course: check online schedule	Level 1 Basic Level 1-2 Open Level 2 Intermediate

CORPO YOGA STUDIO – PRICE INFORMATION		
<b>ADULT Packages</b>	<b>Price</b>	<b>Reference</b>
1 Class	\$20	
5 Classes	\$90	\$18 a class
10 Classes	\$160	\$16 a class
20 Classes	\$280	\$14 a class
<b>Unlimited Membership</b>	<b>Price</b>	<b>Reference</b>
Monthly	\$185	
3 Months	\$450	\$150 month
6 Months	\$750	\$125 month
12 Months	\$1255	\$105 month
<b>Unlimited Auto-Renew</b>	<b>Price</b>	<b>With Contract</b>
6 months	\$155	
12 months	\$145	
<b>STUDENTS FL Colleges</b>		<b>With Valid FL ID</b>
5 Classes	\$80	\$16 a class
10 Classes	\$150	\$15 a class
<b>CHILDREN Packages</b>	<b>Price</b>	<b>Reference</b>
1 Class	\$16	
5 Classes	\$70	\$14 per class
10 Classes	\$130	\$13 per class
15 Classes	\$180	\$12 per class

DESCRIPTION OF CLASSES & LEVELS
<b>ANUSARA YOGA:</b> a moderately paced, flowing class focusing on flexibility, strength, and breath, with a special emphasis on healthy alignment; each class has an inspirational theme designed to create a positive, joyful and uplifting experience.
<b>FLUIDUS YOGA:</b> emphasize precise postural alignment and physical actions in carefully chosen poses, movements, and exercises. This all-encompassing method heals, fortifies, and optimizes the body, mind, and heart.
<b>ASHTANGA YOGA/MYSORE:</b> is a traditional set sequence as taught by Sri Pathabbi Jois. Open to anyone who wishes to build endurance and improve flexibility and experience a sense of inner peace. <b>HALF PRIMARY:</b> learn the sequence up to Navasana. <b>FULL PRIMARY:</b> learn the complete series. <b>MYSORE:</b> students practice their own portion of the sequence of poses at their own pace. The instructor assists each student by giving physical adjustments and verbal cues.
<b>VINYASA YOGA:</b> a moderately paced class, progressing through a traditional Vinyasa sequence in which breath is synchronized to movement and new poses are introduced.
<b>WARRIOR:</b> deepen your practice by incorporating new poses; strengthening & deepening your practice.
<b>YIN YOGA &amp; RESTORATIVE:</b> release toxins, hold poses longer to ease muscle tension and increase flexibility.
<b>YOGA BASICS:</b> learn the guidelines and basic techniques you need to begin a success yoga practice. The most fundamental poses and breathing techniques are taught in this class.
<b>KUNDALINI YOGA:</b> A guided meditation class that combines precise physical and breathing exercises to open the energy channels; an excellent class to release stress.
<b>KIDS (ages 4-8) &amp; TWEENS YOGA (ages 8-13):</b> Teaching children to be active relieve stress and think in positive ways.

Packages expire 6 MONTHS from the date of purchase. **COLLEGE Students Rate:** Florida College Students with valid ID. Packages & Memberships cannot be extended. **Auto-Renew Membership** only with contract and \$100 non-default refundable deposit. All purchases are non-refundable. **3-HOUR FREE PARKING:** save \$3 - \$6 per class in parking fees. CORPO has the right to change its prices and class schedule at any time. **ONLINE STORE & RESERVE YOUR SPACE** at [WWW.CORPOYOGAMIAMI.COM](http://WWW.CORPOYOGAMIAMI.COM).