

CORPO Yoga Studio – Class Schedule

MAY, 2017

9030 SW 72nd CT – Downtown Dadeland – 33156 – 305.670.2010 – www.corpoyogiami.com

MON	TUE	WED	THU	FRI	SAT	SUN
8:30-9:30am ^{OPEN} Vinyasa/Andrea K		8:30-9:30am ^{OPEN} Vinyasa/Andrea K			9:00-10:30am ^{INTER} Ashtanga ^{FULL} /Beatriz	8:30-11:00am ^{OPEN} Mysore/Andrea
	9:30-11:00am ^{BASIC} Basics/Andrea K	9:30-11:00am ^{OPEN} Anusara/Carol	9:30-11:00am ^{BASIC} Basics/Andrea K	9:30-11:00am ^{OPEN} Anusara/Carol	9:00-10:15am ^{OPEN} Fluidus/Maya	9:00-10:15am ^{OPEN} Anusara/Carol
9:30-11:00am ^{OPEN} Vinyasa/Kelly	9:30-10:45am ^{OPEN} VinyasaWarrior/Jen	9:30-11:00am ^{OPEN} Vinyasa/Kelly	9:30-10:45am ^{OPEN} VinyasaWarrior/Jen	9:30-11:00am ^{OPEN} Vinyasa/Joan	10:30-12:00pm ^{OPEN} Vinyasa/Joan	10:15-11:45am ^{INTER} VinyasaWarrior/Kelly
11:00-1:00pm ^{OPEN} Mysore/Andrea	11:00-1:00pm ^{OPEN} Mysore/Andrea	11:00-1:00pm ^{OPEN} Mysore/Andrea	11:00-1:00pm ^{OPEN} Mysore/Andrea	11:00-1:00pm ^{OPEN} Ashtanga ^{FULL} /Andrea	10:30-12:00pm Kids /Christina	11:30-12:45pm Kundalini/Marlene
12:15-1:15pm ^{OPEN} Vinyasa/Christine	12:15-1:15pm ^{OPEN} Vinyasa/Christine	12:15-1:15pm ^{OPEN} Vinyasa/Joan	12:15-1:15pm ^{OPEN} MoveCoreYoga/Kerstin	12:15-1:30pm ^{BASIC} Restorative/Rachel	12:00-1:30pm ^{BASIC} Basics/Kelly	11:45-1:00pm ^{BASIC} Restorative/Rachel
				4:30-6:00pm ^{OPEN} Anusara/Tomás	12:00-1:30pm Tweens/Christina	
6:00-7:30pm ^{OPEN} Ashtanga ^{HALF} /Joan	5:30-7:30pm ^{OPEN} Mysore/Andrea	6:00-7:30pm ^{OPEN} Ashtanga ^{HALF} /Patrick	6:00-7:30pm ^{OPEN} Ashtanga ^{HALF} /Andrea			
6:00-7:30pm ^{OPEN} Anusara/Tomás	6:00-7:30pm ^{OPEN} Vinyasa/Joan	6:00-7:30pm ^{OPEN} Vinyasa/Joan	6:00-7:30pm ^{OPEN} Vinyasa/Martha			
7:30-8:45pm ^{OPEN} Vinyasa/Katrina	7:30-8:45pm ^{OPEN} Fluidus/Maya	7:30-8:45pm ^{OPEN} Vinyasa/Katrina	7:30-8:45pm ^{OPEN} Vinyasa/Katrina			
7:30-8:45pm ^{BASIC} Restorative/Joan		7:30-8:45pm ^{BASIC} Restorative/Joan	7:30-8:45pm InnerYoga/Tomás			Level 1 Basic Level 1-2 Open Level 2 Intermediate

CORPO YOGA STUDIO – PRICE INFORMATION		
ADULT Packages	Price	Reference
1 Class	\$20	
5 Classes	\$90	\$18 a class
10 Classes	\$160	\$16 a class
20 Classes	\$280	\$14 a class
Unlimited Membership	Price	Reference
Monthly	\$185	
3 Months	\$450	\$150 month
6 Months	\$750	\$125 month
12 Months	\$1255	\$105 month
Unlimited Auto-Renew	Price	With Contract
6 months	\$155	
12 months	\$145	
STUDENTS FL Colleges		With Valid FL ID
5 Classes	\$80	\$16 a class
10 Classes	\$150	\$15 a class
CHILDREN Packages	Price	Reference
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
ANUSARA YOGA: 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.
ASHTANGA YOGA/MYSORE: 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. HALF PRIMARY: learn the sequence up to Navasana. FULL PRIMARY: learn the complete series. MYSORE: 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.
VINYASA YOGA: a moderately paced class, progressing through a traditional Vinyasa sequence in which breath is synchronized to movement and new poses are introduced. RESTORATIVE: release toxins, hold poses longer to ease muscle tension and increase flexibility. WARRIOR: deepen your practice by incorporating new poses; strengthening & deepening your practice.
FLUIDUS YOGA: 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.
MOVE FROM THE CORE YOGA: Get stronger and leaner as you flow and incorporate yoga and core fitness movements in this one-hour dynamic and uplifting practice.
YOGA BASICS: 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.
INNER YOGA: experience the more subtle side of yoga with gentle asana and meditation.
KUNDALINI YOGA: A guided meditation class that combines precise physical and breathing exercises to open the energy channels; an excellent class to release stress.
KIDS & TWEENS YOGA: Teaching children to be active relieve stress and think in positive ways. Kids ages 4-8; Tweens ages 8-13. We also offer kids parties, training, and summer programs.
LEVEL 1 Basic; LEVEL 1-2 Open; LEVEL 2 Intermediate

POLICY: Packages expire 6 MONTHS from the date of purchase. **COLLEGE Students Rate:** Florida College Students with valid ID only (not applicable to online sales). 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 FOR CLASSES AND WORKSHOPS AT WWW.CORPOYOGAMIAMI.COM.**