

# WinterYoga 2009

## Gentle Yoga

A class for those new to yoga or for those who prefer a gentler yoga practice. The basic yoga postures (asanas) will gradually increase strength and flexibility as they teach proper body alignment. The class will cover the benefits of the postures and the proper, safe way to enter into and out of them. Yoga at this level is adaptable to all levels of fitness and for special physical considerations.

### **Monday Mornings 10:00-11:30**

Mini: 12/1, 8, 15

Winter: 1/5, 12, break 19, 26

2/2, 9, break 16, 23 3/2, 9

### **Tuesday Evenings 6:30-8:00 PM**

Mini: 12/2, 9, 16

Winter: 1/6, 13, break 20, 27

2/3, 10, break 17, 24 3/3, 10

Classes may be attended on a drop in basis for \$15 or pay for the session and get a discount. To register cash, check or money order in the amount of \$40 for the Mini and 108.00 for Winter payable to Tree of Life Yoga reserves a spot. Note cost for Wednesday class. Specify which class and time you wish to take, include a daytime phone number. Make-up class credit can be used during the 8 week session.

## Moderate/Mixed Level Yoga

This moderately paced class builds on the basic yoga postures and breathing techniques for a more challenging yoga practice. The body becomes stronger and more supple as the practitioner develops the sensitivity to advance in the inner and outer practices of yoga.

### **Tuesday Mornings 7:30-9:00 AM**

Mini: 12/2, 9, 16

Winter: 1/6, 13, break 20, 27

2/3, 10, break 17, 24 3/3, 10

### Mid-day Yoga

Basic yoga poses and relaxation techniques for stress relief and improved tone and flexibility. \$10 per class or \$25 Mini \$75 for the series.

### **Wednesday Afternoons 4:15-5:15**

Mini: 12/3, 10, 17

Winter: 1/7, 14, break 21, 28

2/4, 11, break 18, 25 3/4, 11

### Continuing Yoga

This class is led as an intermediate level class with attention to the finer points of alignment.

### **Thursday Evenings 6:30-8:00 PM**

Mini: 12/4, 11, 18

Winter: 1/8, 15, break 22, 29

2/5, 12, break 19, 26 3/5, 12

## Open Community Class

### **Saturday Mornings 9:00AM-10:00AM**

Weekly ongoing class at the Wellfield Gardens, 1000 N. Main, Elkhart. Sliding scale \$4-\$10. Outside in the gardens weather permitting, or indoors at the administrative office across the street.

*Private yoga sessions are available to help design a home practice and to refine alignment techniques. A personalized CD will be made for your home practice. Massage, Reiki, Holographic Health and Ancient Ayurveda Multi-Dimensional Living Counseling sessions available. Please call Teji (Ruth) for more information and to schedule (574) 266-3696.*

*Green Tree School of Yoga  
200 Hour Yoga Teacher Training*

*February-October 2009  
Informational Open House  
Saturday December 6th, 2008*

*2:00-3:00 pm at  
Tree of Life Yoga Center  
Elkhart near Granger*

*RSVP 574-266-3696*