



Pink Lotus Yoga Late Spring/Early Summer 2009 Schedule (see outdoor yoga schedule at end)
Marcia Camino, E.-R.Y.T. / www.pinklotusyoga.com
216-221-3255 mcamino@sbcglobal.net
all classes suitable for all levels
THIS SCHEDULE IS UPDATED REGULARLY

NOTE: Pink Lotus Yoga goes green with an alternative transportation incentive. Carpool, drive a hybrid, or take alternative transportation to any Pink Lotus Yoga class and get one class free for every seven. Redeemable at all classes except those at Independent Studios and Lakewood Y.

~Monday mornings~

Private Instruction: individuals and organizations

~Mondays 7:15-8:30 p.m.~

The Yoga Station™

Private Class Instruction: by invitation

~Tuesdays 7:15-8:30 p.m.~

Warm Hatha Yoga

Barry's Wellness Center, 26965 Center Ridge Road, Westlake
Classic poses, pranayama, and relaxation in a warm studio

Cost: \$12.00 drop-in

5-class pass: \$56.00; 10 class pass: \$100.00

5-class expires 3 months from date 1st class is taken

10-class expires 6 months from date 1st class is taken

Register: online at www.pinklotusyoga.com/register.aspx
mcamino@sbcglobal.net to advance pay with check

~Wednesdays 7:15-8:30 p.m.~

The Yoga Station™

Private Class Instruction: by invitation

~Thursdays 7:00-8:00 p.m.~CLASS IS FULL: NEXT SERIES BEGINS JUNE 25TH

Hatha Yoga

Lakewood YMCA, 16915 Detroit Avenue

Sun salutations, classic poses, pranayama, and relaxation

Series runs April 30-June 18, 2009

members: \$32.00/non-members: \$64.00

Register: 216-521-8400

<http://www.clevelandymca.org/branches/lakewood/index.html>

~Thursdays 7:00-8:00 p.m.~JUNE 25TH-AUGUST 26TH (10-WEEK SERIES)

Hatha Yoga

Lakewood YMCA, 16915 Detroit Avenue

Sun salutations, classic poses, pranayama, and relaxation
members: \$32.00/non-members: \$64.00
Register: 216-521-8400
Cost: contact the Y

<http://www.clevelandymca.org/branches/lakewood/index.html>

-Saturdays 9:00-10:15 a.m.—THROUGH JUNE 6TH

Yoga Yin/Yang

Independent Studios, 583 Dover Center Road, Bay Village

Explore just two of yoga's opposite and complementary systems: Surya Namaskar and Yin Yoga. In each class, we will wake up and condition the body with several styles of active, energizing sun salutations, and then retrieve to the realms of quiet receptivity by engaging in Yin Yoga, where supported floor poses are held long enough to promote deep-tissue release and healing. Each class ends with relaxation.

Nine-week series runs March 28-June 6, 2009 (no class April 11th and May 23rd)

Cost: \$12.00/drop-in; \$96.00/series (minimum of three series registrations required for class to form)

Register: 440-835-9794 or www.independentstudios.net

-Saturdays 10:30-11:45 a.m.—THROUGH JUNE 6th. NEW SERIES STARTS JUNE 13TH

Amrit Yoga: The Posture of Consciousness

Independent Studios: 583 Dover Center Road, Bay Village

This style of Hatha Yoga, known as the posture of consciousness, combines a strong foundation of dynamic asanas followed by deep stillness. Using this method, you reconnect with the restorative, regenerative healing forces dormant within you to transform your life and your way of living it.

Practice with Cleveland's only certified Amrit Yoga instructor.

Nine-week series runs March 28-June 6, 2009 (no class April 11th and May 23rd)

Cost: \$12.00/drop-in; \$96.00/series

Register: 440-835-9794 or www.independentstudios.net

-Saturdays 10:30-11:45 a.m.—JUNE 13TH-AUGUST 15TH

Amrit Yoga: The Posture of Consciousness

Independent Studios: 583 Dover Center Road, Bay Village

See above for class and cost details.

Register: 440-835-9794 or www.independentstudios.net

-Saturdays 1:00-2:30 p.m.— THROUGH JUNE 27TH

Hot Yoga 90/90 Style

Barry's Health and Wellness Clinic, 26965 Center Ridge Road, Westlake

Marcia's 90-minute sequence in a 90-degree studio.

Series runs May 23rd-June 27th

Cost: \$16.00/pre-purchase or drop-in

3-class pass: \$45.00; 6-class pass: \$84.00 (both expire June 27th)

Register: online at www.pinklotusyoga.com/register.aspx
mcamino@sbcglobal.net to advance pay with check

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WORKSHOPS

-Sunday, July 12, 10:00-11:45 a.m.—

Yoga and Meditation Workshop

Amrit Yoga, Yoga Nidra, and a short talk on different meditation styles.

The Lululemon Athletica Cleveland Showroom in Beachwood

The Hamptons Luxury Apartments Retail Center: 27040 Cedar Road, Suite 220

Cost: Free, but bring your own mat

<http://www.lululemon.com/cleveland/clevelandshowroom>

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SPECIAL ANNOUNCEMENT: OUTDOOR YOGA!

~BACK AGAIN THIS SUMMER! Morning Outdoor Yoga~

~Saturdays, June 13-August 27, 2009

9:00-10:00 a.m.

Location: Rocky River Park at the top of the hill

Rainsite: None. Unless you see raindrops when you're leaving for class, we'll be gathering.

Follow Pink Lotus Yoga on Twitter for Saturday 8:30 a.m. weather/class updates.

Cost per class: Donation. Cash or check written to Pink Lotus Yoga.

Parking: Limited. Carpool, ride your bike, or arrive early for a space or in time to park on a side street. Carpool or take alternative transportation to class and receive green credits toward free yoga.

THE SIXTH ANNUAL Case Lunchtime Outdoor Yoga Series

~Tuesdays and Thursdays, June 9-July 16, 2008~

noon-1:00 p.m.

Location: Behind Adelbert Hall

Rainsite: tbd

Cost: This program is generously sponsored by Case's Office of Summer Programs and is free to Case faculty, staff, students, and affiliates.