



The Yoga Center  
 Winter Schedule

Effective 01/10/09  
 click [HERE](#) to download the schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:15am Vinyasa Yoga Jackie	8:30 - 9:45am Gentle/Mod Yoga Jackie	9:30 - 10:45am Vinyasa Yoga Valerie	6:45 - 7:45am Gentle Yoga Chris	9:30 - 11:00am Vinyasa Stefania	9:30 - 10:45 am Vinyasa Yoga Valerie	7:30 - 8:45am Gentle Yoga Jackie
10:30 - 11:45 am Gentle Yoga Chris		11:00 - 12:15pm Gentle Yoga Valerie	9:30 - 10:45am Moderate Yoga Liz		11:00 - 12:15 pm Gentle Yoga	9:00 - 9:30 am Yoga Nidra Meditation Jackie
	4:00 - 5:00pm All Levels Yoga Chris			1:00 - 2:00pm Extra Gentle Yoga Chris		9:45 - 11:00am Moderate Yoga Rosalinde
12:30 - 1:30pm Belly Dancing Intermediate Advanced	5:30 - 6:15pm Pilates Sculpt Melissa	5:00 - 6:00 pm Vinyasa Yoga Liz	4:30 - 5:30 pm Moderate Kripalu Yoga Jackie		4:30 - 5:45 pm Yoga Moderate Jackie	11:15am Tai Chi Teresa
	6:30 - 7:30pm Moderate Kripalu Yoga Jackie	6:00 - 7:15pm Restorative Yoga (gentle) Celeste	6:00 - 6:45pm Pilates Sculpt Melissa	6:00 - 7:30pm Yogalattes Rosalinde		
Check Web for Workshops	7:45pm Beginner/inter Tai Chi		7:00 - 8:15pm Gentle Yoga Jackie	8:00pm Intermediate Tai Chi 2nd 3rd and 4th Thurs of month ~ 8:00pm Reiki Healing \$10.00 1st Thurs of month		<b>Drum &amp; Dance!</b> Reconnect, Renew and Rejuvenate, Through the power of Drum and Dance  The first Saturday of every Month here at The Yoga Center  1st Sat of Month 7:30 – 10:30pm \$10

<b>Pilates sculpt/body sculpt</b> - 45min classes Yoga - 1hr to 1:30hr	<b>107 E. Main St. Babylon, NY</b> (Next to Gemelli's Food store) Tel. (631) 893-5445 <a href="http://www.longislandyoga.com">www.longislandyoga.com</a>	<b>Pilates:</b> All levels <b>Tai-Chi:</b> All levels <b>Vinyasa:</b> Experience required <b>Yoga:</b> All levels-Modifications always available by teachers
Single class: \$18 Seniors (65+) and Students (-18 yrs): \$12/class 10 class series: \$150 10 class series Seniors/Student: \$110 Note: Class Series Expires in 3 months	Monthly Membership Unlimited – Auto Renew \$100/\$90 Senior/Student  1 Month Membership–\$135 1 Month Membership-\$110 for Senior and Students.	<b>*** Special for new members ***</b> One-Week Unlimited for \$25! Try as many classes as you like for one full week! Excluding series.