



# Yoga Classes

Spring Series: March – May 2018

With  
Alan Franzi, MS, CYT

### CLASS FEES

(Includes all applicable taxes)

\$150.00

*for the ten week series*

\$135.00

*for the nine week Sunday and Monday series*

\$235.00

*for two or more classes per week for the ten week series*

\$18.00

per class to drop-in.

For more information about classes and workshops contact Alan at:  
(203)488-1700

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[www.creativeedgeyoga.com](http://www.creativeedgeyoga.com)



Alan Franzi, M.S., C.Y.T.

has over 25 years' experience teaching Yoga and doing Yoga therapy in the New Haven and Shoreline area. He is certificate trained in Sivananda Yoga, Kundalini Yoga, Gestalt psychotherapy. In addition his teaching draws on his study and practice in Kripalu Yoga, The Egoscue Method of Posture Alignment, Mindfulness Meditation and Stress Management Techniques to support students' movement toward wholeness, and well-being.

### SHOERELINE CENTER FOR WHOLISTIC HEALTH

35 Boston St

Guilford, CT

(In the Boston Common near the Guilford Green)

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### Morning Series

Wednesday Mornings

March 21- May 23(10 weeks)

### “Yoga Basics: Relax and Renew”

9:30-10:45am

All levels of experience

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### Evening Series

Tuesday Evenings

March 20 - May 23(10 weeks)

### “Yoga Basics: Flexibility and Stress Relief”

6:00-7:15pm

For beginners and those seeking a moderate Yoga experience

### “Yoga Beyond the Basics: Mastering Flow, Freedom and Peace”

7:30-8:45pm

Some experience with Yoga recommended

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### Wednesday Evenings

March 21- May 23,(10 weeks)

### “Kundalini Yoga Basics”

4:30-5:45pm

For beginners and those seeking a moderate Yoga experience

### “Yoga Basics: Ageless Ease”

6:00-7:15pm

For beginners and those seeking a gentler Yoga experience

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### Morning Series

Sunday Mornings

March 25- May 20(9 weeks)

### “Yoga for Serenity and Stress Relief”

9:30-10:45am

All levels of experience

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### \*\*\*THE JEWISH COMMUNITY CENTER

4 Research Dr

Woodbridge, CT

\*\*\*New Location

---No JCC membership required

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### Evening Series

Monday Evenings

March 26- May 21(9 weeks)

### “Yoga Basics: Fitness Foundations”

6:00-6:55pm

(in the JCC fitness room)

For beginners and those seeking a moderate Yoga experience

### “Yoga Beyond the Basics: Mastering Fitness, Freedom and Peace”

7:15-8:30pm

Some experience with Yoga recommended

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