



With
Alan Franzi, MS, CYT

CLASS FEES
(Includes all applicable taxes)

\$165.00
for the eleven week series

\$245.00
*for two or more classes per week for the
eleven week series*

\$18.00
per class to drop-in.

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

alan@creativeedgeyoga.com

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 Kundalini Yoga through Ravi Singh and Ana Brett, Sivananda Yoga, and Integrative Yoga Therapy. He is a Certified Posture Alignment Specialist (PAS), trained by the Egoscue University. His teaching draws on his continuing advanced study and, Mindfulness Meditation and Stress Management Techniques to help students achieve their optimal wellbeing.

Yoga Classes

Summer Series: June – August, 2018

SHORELINE CENTER FOR WHOLISTIC HEALTH

35 Boston St
Guilford, CT

(In the Boston Common near the
Guilford Green)

Morning Series

Wednesday Mornings
June 6 – August 22 (11 weeks)
no class on July 7th

“Yoga Basics: Relax and Renew”

9:30-10:45am
All levels of experience

Evening Series

Tuesday Evenings
June 5 - August 21 (11 weeks)
no class on July 6th

“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

Wednesday Evenings
June 7 – August 22 (11 weeks)
no class on July 7th

“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

Morning Series

Sunday Mornings
June 3 - August 19(11 weeks))

No class on July 1st
**“Yoga for Serenity
and Stress Relief”**

9:30-10:45am
All levels of experience

***THE JEWISH COMMUNITY CENTER

4 Research DR
Woodbridge, CT
---No JCC membership required

Evening Series

Monday Evenings
June 4- August 20 (11 weeks)
No class on July 2nd

“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
