



Yoga Classes

Fall Series: September - November, 2018

With
Alan Franzi, MS, CYT

CLASS FEES
(Includes all applicable taxes)

\$120.00
for the eight week series

\$220.00
for two or more classes per week for the eight 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-IAYT, has over 25 years' experience teaching Yoga and doing Yoga Therapy in the New Haven and Shoreline area. He is Certified Yoga Therapist through IAYT, certificate teacher trained in Kundalini Yoga through Ravi Singh and Ana Brett, Sivananda Yoga, Integrative Yoga Therapy. He is a Certified Posture Alignment Specialist(PAS), trained by the Egoscue University. In addition, his teaching draws on his continuing study and practice of Posture and Somatic Movement Practices, Mindfulness Meditation and Stress Management practices

SHORELINE CENTER FOR WHOLISTIC HEALTH

35 Boston St
Guilford, CT

(In the Boston Common near the Guilford Green)

Morning Series

Wednesday Mornings
September 5 – October 31(8 weeks)
no class on 10/10/18

“Yoga Basics: Relax and Renew”

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

Evening Series

Tuesday Evenings
September 4 – October 30(8 weeks)
no class on 10/9/18

“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

September 5– October 31(8 weeks)
no class on 10/10/18

“Kundalini Yoga Basics”

4:30-5:45pm

For beginners and those seeking a moderate Yoga experiences

“Yoga Basics: Ageless Ease”

6:00-7:15pm

For beginners and those seeking a gentler Yoga experience

Morning Series

Sunday Mornings
September 9 – November 4(8 weeks)
no class on 10/6/18

“Yoga for Serenity and Stress Relief”

9:30-10:45am

All levels of experience

***THE JEWISH COMMUNITY CENTER

360 Amity Rd
Woodbridge, CT

---No JCC membership required

Evening Series

Monday Evenings**

August 27 – November 6 (8 weeks)
no class on 9/3, 9/10, 9/24, &10/1

**Added late class on Thursday
September 6th at 6:30pm.

“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
