



# Yoga Classes

## Winter Series

January – March 2019

With  
**Alan Franzi**

### CLASS FEES

(Includes all applicable taxes)

**\$120.00**

*for the 8 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](mailto:alan@creativeedgeyoga.com)

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



**Alan Franzi, MS, C-IAYT, CYT. PAS**

Alan 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 advanced study and practice of Posture and Somatic Movement Education Practices, Kripalu Yoga, Mindfulness Meditation and Stress Management Techniques to support students' growth and well-being.

### SHORELINE 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

January 16 – March 13, 2019

(8 weeks)

no class on February 20<sup>th</sup>

#### “Yoga Basics: Relax and Renew”

**9:30-10:45am**

All levels of experience

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#### Evening Series

Tuesday Evenings

January 15 – March 12, 2019

(8 weeks)

no class on February 19<sup>th</sup>

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

**6:00-7:15pm**

For beginners and those seeking a moderate Yoga experience

#### “Yoga Beyond the Basics: Yoga Mastery through Somatic Exploration”

**7:30-8:45pm**

Some experience with Yoga recommended

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#### Wednesday Evenings

January 16 – March 13, 2019

(8 weeks)

no class on February 20<sup>th</sup>

#### “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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### SHORELINE CENTER FOR WHOLISTIC HEALTH

#### Morning Series

Sunday Mornings

January 20 – March 17, 2019

(8 weeks)

no class on February 17<sup>th</sup>

#### “Yoga for Serenity, Stress Relief, and Wellness”

**9:30-10:45am**

All levels of experience

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

360 Amity RD

Woodbridge, CT

---No JCC membership required

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#### Evening Series

Monday Evenings

January 21 – March 18, 2019

(8 weeks)

no class on February 18<sup>th</sup>

#### “Yoga Basics:

**Fitness Foundations”**

**6:00-6:55 pm**

For beginners and those seeking a moderate Yoga experience

#### “Yoga Beyond the Basics: Yoga Mastery through Somatic Exploration”

**7:15-8:30pm**

Some experience with Yoga recommended

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