



Yoga Classes

Spring Series: March – May 2019

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

\$240.00

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

alan@creativeedgeyoga.com

www.creativeedgeyoga.com



Alan Franzi, MS, C-IAYT, CYT

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

SHOERELINE CENTER FOR WHOLISTIC HEALTH

35 Boston St

Guilford, CT

(In the Boston Common near the Guilford Green)

Morning Series

Wednesday Mornings

March 20- May 22(10 weeks)

"Yoga Basics: Relax and Renew"

9:30-10:45am

All levels of experience

Evening Series

Tuesday Evenings

March 19 - May 21(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

Wednesday Evenings

March 20- May 22,(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

Morning Series

Sunday Mornings

March 24- May 19(9 weeks)

"Yoga for Serenity and Stress Relief"

9:30-10:45am

All levels of experience

***THE JEWISH COMMUNITY CENTER

4 Research Dr
Woodbridge, CT

***New Location

---No JCC membership required

Evening Series

Monday Evenings

March 25- May 20(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
