



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, MS, C-IAYT, PAS

Has over 25 years' experience teaching Yoga and doing Yoga Therapy in the New Haven and Shoreline area. He is an IAYT certified Yoga Therapist, 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 Institute. His teaching draws on his continuing advanced study in Mindfulness Meditation and Stress Management Techniques to help students achieve their optimal wellbeing.

Yoga Classes

Summer Series: June – August, 2019

SHORELINE CENTER FOR WHOLISTIC HEALTH

35 Boston St Guilford, CT

(In the Boston Common near the Guilford Green)

Morning Series

Wednesday Mornings June 5 – August 21 (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 4 - August 20 (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 5 – August 21 (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 26(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 3 - August 18 (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