



# Yoga Classes

Fall Series: September - November, 2019

With  
**Alan Franzi, MS, CYT**

**CLASS FEES**  
(Includes all applicable taxes)

**\$120.00**

*for the eight-week series*

**\$225.00**

*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**

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

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### Morning Series

#### Wednesday Mornings

September 4 – November 6, 2019

(8 weeks)

no class on 10/16/19

### “Yoga Basics: Relax and Renew”

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

All levels of experience

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### Evening Series

#### Tuesday Evenings

September 3 – November 5, 2019

(8 weeks)

no class on 10/8/19

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

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

For beginners and those seeking a moderate Yoga experience

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

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

Some experience with Yoga recommended

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### Wednesday Evenings

September 11 – November 6, 2019

(8 weeks)

no class on 10/15/19

### “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, 2019(8 weeks)

no class on 10/13/19

### “Yoga for Serenity and Stress Relief”

**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\*\*

August 26 – November 4, 2019

(8 weeks)

no class on 9/2, 9/30, & 10/14/19

### “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: Somatic Exploration for Yoga Mastery”

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

Some experience with Yoga recommended

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