



Yoga Classes

Holiday Series

November 2019 - January 2020

With
Alan Franzi

CLASS FEES
(Includes all applicable taxes)

\$120.00
for the 8-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**

alan@creativeedgeyoga.com

www.creativeedgeyoga.com



Alan Franzi, MS, C-IAYT, CYT.
PAS has over 25 years' experience teaching Yoga and doing Yoga and Postural 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
November 13, 2018– January 15, 2019
(8 weeks)

no class on 12/25/18 & 1/1/19

“Yoga Basics: Relax and Renew”

9:30-10:45am

All levels of experience

Evening Series

Tuesday Evenings
November 12, 2018– January 14, 2019
(8 weeks)

no class on 12/24/18 & 12/31/19

“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

Wednesday Evenings

November 13, 2018– January 15, 2019
(8 weeks)

no class on 12/25/18 & 1/1/19

“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

SHORELINE CENTER FOR WHOLISTIC HEALTH

Morning Series

Sunday Mornings
November 10, 2018– January 12, 2019
(8 weeks)

no class on 12/1 & 12/30/19

“Yoga for Serenity, Stress Relief, and Wellness”

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
November 18, 2018 – January 13, 2019
(8 weeks)

no class on 12/30/19

“Yoga Basics: Fitness Foundations”

6:00-6:55 pm

(in the JCC fitness room)

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
