



# Yoga Classes

## Spring Series March – May 2020

With  
**Alan Franzi**

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

**\$135.00**  
for the 9-week series

**\$225.00**  
for two or more classes per week for the  
nine-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** 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)

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#### Morning Series

Wednesday Mornings  
March 25 – May 20, 2020  
(9 weeks)

#### “Yoga Basics: Relax and Renew”

**9:30-10:45am**  
All levels of experience

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#### Evening Series

Tuesday Evenings  
March 24 – May 19, 2020  
(9 weeks)

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

**6:00-7:15pm**  
For beginners and those seeking  
a moderate Yoga experiences

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

**7:30-8:45pm**  
Some experience with Yoga recommended

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#### Wednesday Evenings

March 25 – May 20, 2020  
(9 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  
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### SHORELINE CENTER FOR WHOLISTIC HEALTH

#### Morning Series

Sunday Mornings  
March 22 – May 17, 2020  
(9 weeks)

#### “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  
March 23 – May 18, 2020  
(9 weeks)

#### “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

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