



## BYS Yoga FALL EVENTS

(visit [www.bys-yoga.com](http://www.bys-yoga.com) for more details)

### OUTDOOR YOGA CLASSES - \$5 each

**Tunnel Park - SouthSide Works/REI** w/ Kristi  
Saturdays through September 26th 10:30-11:30 a.m.  
**Grandview Park Park - Mt. Washington** w/ Lori/Alana  
Sundays through September 27th 9-10 a.m.

### CHAKRA FLOW/KUNDALINI w/ Kendell Romanelli

Saturdays, September 5th & 19th  
Saturdays, October 3rd & 17th  
Saturdays, November 7th & 21st  
12:30-2 p.m.

### BENEFIT YOGA SERIES - CANDLELIGHT CLASSES

Friday, September 11th w/ Kristi Rogers  
Friday, October 9th w/ Lori Grable  
Friday, November 13th w/ Rebecca Drexler  
6:30-8 p.m.

### WESTCOAST FLOW® w/ Tammy Tsai

Sunday, September 13th  
Sunday, November 8th  
1:30-3:30 p.m.

### YIN YOGA w/ Valerie Antonette

Sundays, September 13th & 27th  
Sundays, October 4th & 18th  
Sundays, November 1st & 15th  
5:30-7 p.m.

### YOGARHYTHMICS® w/ Nicole Zellie

Friday, September 18th  
Friday, October 16th  
Friday, November 20th  
6:30-8 p.m.

### RESTORATIVE YOGA w/ Lori Grable/Rebecca Drexler

Sunday, September 20th  
Sundays, October 11th & 25th  
Sundays, November 8th & 22nd  
5:30-7 p.m.

### SHOULDER WORKSHOP w/ Rebecca Drexler

Saturday, September 26th  
12-2 p.m.

### LIVE MUSIC MONDAYS w/ PJ Roduta (percussion)

Monday, September 28th  
Monday, October 26th  
5:45-7:15 w/ Kristi & 7:30-9 p.m. w/ Maggie

### LOTUS WORKSHOP w/ Richard Gartner

Sunday, October 4th  
2-4:30 p.m.

### BUDDHIST MEDITATION w/ Bhante Pamaratana

Saturday, October 24th  
6-8 p.m.

### MEDITATION WORKSHOP w/ Joni Sturgill

Sunday, November 1st  
1:30-3:45 p.m.

GIFT CERTIFICATES, PRIVATE & GROUP  
SESSIONS & STUDIO RENTAL AVAILABLE  
please contact us for more information!

1113 East Carson Street, 3rd Floor  
Pittsburgh PA 15203  
Historic South Side  
412/481.YOGA (9642)  
[www.bys-yoga.com](http://www.bys-yoga.com)



# SCHEDULE FALL 2009

September 1st - November 30th

### PLEASE...

...arrive early for class - late arrivals are disruptive to your fellow students.

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...be considerate of classes already in session by waiting quietly in the stairwell or lobby areas until you are able to enter the main studio.

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...turn OFF your cell phone/pager (no vibrator setting)

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...remove your shoes in the lobby before entering the main studio.

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...refrain from wearing perfume or any scented products to class.

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...notify your instructor before class of any serious health conditions (including high blood pressure, heart disease, recent surgery, pregnancy, etc.) or injuries.

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...avoid eating a large meal for at least 2 -3 hours before your class.



# FALL 2009

September 1st - November 30th

**BYS Yoga, LLC**  
 1113 East Carson Street 3rd Floor Pittsburgh PA 15203  
 www.bys-yoga.com - 412/481.YOGA (9642)

## CLASS DESCRIPTIONS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-11:30 am <b>OPEN</b> w/ Anna  11:45 am - 1:15 pm <b>BASICS</b> w/ Anita  5:30-7 pm <b>YIN</b> w/ Valerie <small>(only 9/13, 9/27, 10/4, 10/18, 11/1, &amp; 11/15)</small>  5:30-7 pm <b>RESTORATIVE</b> w/ Lori/Rebecca <small>(only 9/20, 10/11, 10/25, 11/8, &amp; 11/22)</small>	(no classes 9/7/09)          <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>LIVE MUSIC MONDAYS</b>              percussion accompaniment by PJ Roduta  <small>(only 9/28, 10/26)</small> </div> 5:45 - 7:15 pm <b>OPEN</b> w/ Kristi	9 - 10:15 am <b>OPEN</b> w/ Ilona          12 - 1 pm <b>OPEN</b> w/ Kristi          5:45-7:15 pm <b>LEVEL 2</b> w/ Kristi          7:30-9 pm <b>OPEN</b> w/ Alana	(no classes 11/26/09)          12 - 1:15 pm <b>KUNDALINI</b> w/ Kendell          5:45 - 7:15 pm <b>OPEN</b> w/ Lori          7:30-9 pm <b>BASICS</b> w/ Lori	(no classes 11/26/09)          12 - 1 pm <b>OPEN</b> w/ Maggie <small>(no class 11/27/09)</small>  <b>FRIDAY NIGHT COMMUNITY CLASSES</b> 6:30 - 8 pm <small>(donation classes for charity)</small>  <b>2nd Fridays: BENEFIT YOGA SERIES - OPEN W/ CANDLELIGHT</b> w/ staff <small>(only 9/11, 10/9, &amp; 11/13)</small>  3rd Fridays: <b>YOGARHYTHMICS®</b> w/ Nicole <small>(only 9/18, 10/16, 11/20)</small>	8:15 - 9:45 am <b>BASICS</b> w/ Kristi          10 - 11:30 am <b>OPEN</b> w/ Maggie          12 - 1 pm <b>OPEN</b> w/ Maggie <small>(no class 11/27/09)</small>  <b>FRIDAY NIGHT COMMUNITY CLASSES</b> 6:30 - 8 pm <small>(donation classes for charity)</small>  <b>2nd Fridays: BENEFIT YOGA SERIES - OPEN W/ CANDLELIGHT</b> w/ staff <small>(only 9/11, 10/9, &amp; 11/13)</small>  3rd Fridays: <b>YOGARHYTHMICS®</b> w/ Nicole <small>(only 9/18, 10/16, 11/20)</small>	8:15 - 9:45 am <b>BASICS</b> w/ Kristi          10 - 11:30 am <b>LEVEL 2</b> w/ Susie          <b>1st &amp; 3rd Saturdays:</b> 12:30 - 2 pm <b>CHAKRA FLOW /KUNDALINI</b> w/ Kendell <small>(only 9/5, 9/19, 10/3, 10/17, 11/7, &amp; 11/21)</small>  (for more information on Saturday workshops with Olivia Kissel of Zafira Dance visit zafiradance.com)

**BASICS**  
 Perfect for the **new student** just beginning the study of yoga or for **any student** who would like to slow down and reinvestigate their practice. This class will concentrate on fundamental hatha yoga postures with an emphasis on basic breath support, alignment, and appropriate modifications. (on-going)

**OPEN**  
 This class will guide **all levels** of students (beginner and up) through a well-rounded practice including seated meditation, pranayama, (breathing exercises), and a flowing asana practice exploring variations of Surya Namaskara (Sun Salutation), a wide range of standing and seated poses, and beginning arm balances and inversions. (on-going).

**LEVEL 2**  
 A fun, challenging, and flowing class for **intermediate to intermediate/advanced** level students working to deepen their practice. Seated meditation, pranayama (breathing exercises), Surya Namaskara (Sun Salutation) variations, core strengthening, and a wide range of standing and seated postures, arm balances, and inversions will be included. Previous yoga experience recommended. (on-going)

**KUNDALINI**  
 Kundalini yoga is an ancient yoga discipline designed to heal the body, mind and soul by using specific sets of exercises to open the seven Chakras. This practice utilizes asana (physical exercises), pranayama (breathing exercises), mantras, mudras (hand positions), and meditation to achieve a state of personal balance. Kundalini yoga is an invigorating practice that leaves one feeling energized and healed. While it is easy to do and **accessible for most levels of students**, it is not a gentle practice. (on-going)

**CHAKRA FLOW/KUNDALINI**  
 Designed to open and balance the 7 main centers within the body - known as Chakras or energy "wheels," these classes include variations of Surya Namaskara (Sun Salutations) and uplifting Kundalini Yoga exercises and meditations to bring you to a place of wholeness. A fun flowing class for **all levels.** (held on 9/5, 9/19, 10/3, 10/17, 11/7, & 11/21 only)

**YIN**  
 Suitable for **most levels** of students, Yin Yoga generally targets the connective tissues (ligaments, bones, and joints) of the hips, pelvis, and lower spine through relaxation and meditation in seated postures. Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat and the lengthening/contracting of our muscles. (held on 9/13, 9/27, 10/4, 10/18, 11/1, & 11/15 only)

**RESTORATIVE**  
 This **all levels** restorative practice will include "active relaxation" - supporting the body with blankets, blocks, and other props to support postures which are held for several minutes. This alternately stimulates and relaxes the body allowing it to move towards balance. This practice is very beneficial to health, can reduce the effects of stress-related disease, and will leave you nourished and well rested. (held on 9/20, 10/11, 10/25, 11/8, & 11/22 only)

**YOGARHYTHMICS® - COMMUNITY CLASS**  
 YogaRhythmic® combines yoga postures, breathwork, free-form movement, and creative play in one exhilarating class. You will leave feeling refreshed - awakening your inner child at times - with a big smile on your face. No dance or yoga experience required - just a willingness to move and BE MOVED! **Everyone welcome!** These are donation based classes and at least 50% of the proceeds will benefit a charity or non-profit chosen by the class. (held on 9/18, 10/16, 11/20 only)

PRICING, CLASSES & EVENTS SUBJECT TO CHANGE - PLEASE REFER TO OUR WEBSITE FOR UPDATES - [www.bys-yoga.com](http://www.bys-yoga.com)

## PRICING

BYS Yoga ACCEPTS CASH, CHECKS, DISCOVER, VISA & MASTERCARD

<p><b>SINGLE CLASSES:</b></p> <p><b>\$5</b> - introductory - new students</p> <p><b>\$9</b> - drop-in student/senior (w/ college ID or age 60+)</p> <p><b>\$13</b> - drop-in regular</p> <p><b>CLASS PACKAGES:</b> (valid for 6 months)</p> <p><b>\$44</b> - 4 classes (\$11/class)</p> <p><b>\$80</b> - 8 classes (\$10/class)</p> <p><b>\$108</b> - 12 classes (\$9/class)</p>	<p><b>UNLIMITED CLASS PASSES:</b></p> <p><b>1 month unlimited (31 days)</b></p> <p><b>\$70</b> - student/senior (w/ college ID or age 60+)</p> <p><b>\$85</b> - regular</p> <p><b>3 months unlimited (92 days)</b></p> <p><b>\$180</b> - student/senior (w/ college ID or age 60+)</p> <p><b>\$210</b> - regular</p>
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**STUDIO HOLIDAY CLOSURES**

September 7th  
November 26th

**BACK-TO-SCHOOL SPECIAL**

September 8th to 13th  
**\$5/class**