

PLEASE HELP SAVE PAPER AND POSTAGE. CALL 668-7730 AND LEAVE A MESSAGE  
IF YOU NO LONGER WANT A SCHEDULE OR YOU RECEIVE A DUPLICATE. THANKS!

# YOGA FOCUS

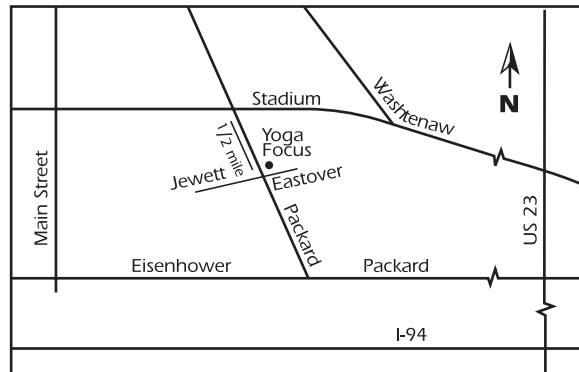


Eastover Professional Center  
1527 Eastover Place, Suite 5  
Ann Arbor, Michigan 48104  
(734) 668-7730 phone/fax  
Website: [www.yogafocusannarbor.com](http://www.yogafocusannarbor.com)  
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### 9-week Spring Session:

Monday, April 12 -  
Sunday, June 13, 2010

Makeup for Monday, May 31 Memorial Day is  
Monday, June 14, 2010



## WELCOME TO SPRING SESSION

The teachers at Yoga Focus, Marlene McGrath, David Ufer, Karen Lena Ufer and Roddy Wares include their best wishes for your Spring season. Yoga Focus is a yoga school dedicated to the practice and teaching of yoga in the tradition of Mr. B.K.S. Iyengar. This system of yoga stretches and strengthens the body, the mind, and the spirit. Yoga enhances well being through its effect on muscles, nerves, glands, organs, and circulation. Practice and discipline bring the student toward a state of alertness, health, and peace.

## PROGRAM

Classes at Yoga Focus meet for **9 weeks** beginning **Monday, April 12** and ending **Sunday, June 13, 2010**. Wear comfortable clothing that can be layered. Bare feet are necessary. All props and equipment provided. **Please do not wear perfume or scented hygiene products.** Make ups for missed Spring classes must be completed in the Spring session. Please call Karen at the studio phone, (734) 668-7730, with questions regarding Yoga Focus. Concerns or questions regarding specific classes, please leave a message for the individual teacher at 668-7730.

## SPECIAL EVENTS & ANNOUNCEMENTS

- Annual Yoga Focus potluck in September 2010.
- No classes Monday, Memorial Day, May 31st. Make up Monday, June 14, 2010.
- Gift certificates available for classes in any amount.

## CLASSES

### ■ *Gentle/Restorative:*

A slower paced class with the classic poses taught in a modified, supported way.

### ■ *Pre Natal Yoga:*

A class for pregnant women experienced or new to yoga. Postures will be taught to help with comfort, balance, strength and stress in preparation for the birth experience.

### ■ *Level 1:*

A beginning level class for students new to yoga or new to this approach. Level 1 can be repeated.

### ■ *Level 1-2:*

Level 1-2 is a mixed level class of continuing and new students. Basic sitting, standing, twisting, and forward bending poses will be taught with an emphasis on strength, alignment, and flexibility.

### ■ *Level 2:*

A class for continuing students with 1 year or more of recent yoga study. Emphasis will be on increasing endurance and refining alignment in all types of poses including inversions and backbends.

### ■ *Level 3:*

A class for experienced students who have a working familiarity with standing, sitting, inverting, forward bending, twisting and backbending poses and wish a more rigorous and in-depth approach.

### ■ *Drop In:*

Drop ins are welcome in any class except those already full. Call Yoga Focus for availability.

**Please note:** These levels are broad definitions. You are always welcome to transfer to a different level class during the session. Students work at their own ability level in all classes.

## FEES

1 class per week for 9 weeks ..... \$117  
2nd class per week ..... \$104  
Drop in per class ..... \$15  
Trial class ..... \$10

- **Refund requests** need to be made by the end of the second week of classes.
- **Please register early;** some classes fill.
- Limited scholarships are available. Please call Karen at 668-7730.
- **Please complete make ups** for missed Spring classes in the Spring session in any open class.
- **Make ups** can only be completed by the registered student.

## SCHEDULE

### Monday

Level 2 ..... 9:00-10:30 am ..... Karen  
Level 1-2 ..... 10:45 am-12:15 pm ..... Karen  
Level 2 ..... 5:45-7:15 pm ..... Karen  
Prenatal ..... 7:30-9:00 pm ..... Marlene

### Tuesday

Level 1-2 ..... 9:15-10:45 am ..... Roddy  
Level 1-2 ..... 4:15-5:45 pm ..... Karen  
Level 2-3 ..... 6:00-7:30 pm ..... David

### Wednesday

Level 2-3 ..... 9:00-10:30 am ..... Karen

### Thursday

Level 2 ..... 9:00-10:30 am ..... Karen  
Level 1 ..... 10:45 am-12:15 pm ..... Marlene  
Gentle/Restorative ..... 12:30-2:00 pm ..... Marlene  
Level 1-2 ..... 5:45-7:15 pm ..... Karen

### Friday

Level 1-2 ..... 9:15-10:45 am ..... Roddy

### Saturday

Level 1-2 ..... 9:30-11:00 am ..... David

### Sunday

Level 1-2 ..... 1:00-2:30 pm ..... Marlene

## REGISTRATION

- **Registration is on a first come, first served basis.** No phone, email or credit card reservations.
- **You may register for an open class any-time** during the session. Call Yoga Focus for availability.
- **Unless you are notified that your class is full or cancelled, consider your registration confirmed.**
- **Some classes fill.** Mail in registrations are encouraged.
- **Please make your check payable to the teacher** (see listing in Welcome to Spring Session). Send check with registration form to:

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email: [info@yogafocusannarbor.com](mailto:info@yogafocusannarbor.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (work) \_\_\_\_\_

(home) \_\_\_\_\_

Class: day \_\_\_\_\_

time \_\_\_\_\_

level \_\_\_\_\_

instructor \_\_\_\_\_

fee \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (work) \_\_\_\_\_

(home) \_\_\_\_\_

Class: day \_\_\_\_\_

time \_\_\_\_\_

level \_\_\_\_\_

instructor \_\_\_\_\_

fee \_\_\_\_\_