

May 2008

## YOGA

May 2008

## KAIMUKI CLASSES - 1127 11TH AVE

|                            | Teacher              | Level     |
|----------------------------|----------------------|-----------|
| <b>Sunday</b>              |                      |           |
| 9:30 - 10:45 AM            | Chris Havener        | 1B        |
| 11:30 - 12:30 PM           | Nancy Horlacher      | 1A        |
| <b>Monday</b>              |                      |           |
| 7 - 8 AM                   | Ae Ja Mobley         | pranayama |
| 8 - 9 AM                   | Ae Ja Mobley         | 1A        |
| 9 - 10:30 AM               | Glenn Kawana         | 2         |
| 11 - 12 noon               | Evelia Pineda Torres | 1A        |
| 4:30 - 5:30 PM             | Chris Havener        | 1A        |
| 5:30 - 7 PM                | Glenn Kawana         | 2         |
| 7 - 8 PM                   | Gretchen Valentin    | 1A        |
| <b>Tuesday</b>             |                      |           |
| 7:45 - 8:45 AM             | Chris Havener        | 1A        |
| 9 - 11 AM                  | Glenn Kawana         | 2,3       |
| 4:30 - 6 PM                | Valerie Hobensack    | 2         |
| 6 - 7:15 PM                | Sandi Jordan         | 1B        |
| <b>Wednesday</b>           |                      |           |
| 7:45 - 8:45 AM             | Lisa Yanagi          | 1A        |
| 9 - 10:30 AM               | Glenn Kawana         | 2         |
| 11 - 12 noon               | Evelia Pineda Torres | 1A        |
| 4:30 - 5:30 PM             | Jim Dillman          | 1A        |
| 5:30 - 7 PM                | Chris Havener        | 2         |
| 7 - 8:15 PM                | Cynthia Lee          | 1B        |
| <b>Thursday</b>            |                      |           |
| 8 - 9 AM                   | Debra Michels        | 1A        |
| 9 - 10:30 AM               | Ae Ja Mobley         | 2         |
| 4:30 - 6 PM                | Valerie Hobensack    | 2         |
| 6 - 7 PM                   | Valerie Hobensack    | 1A        |
| 7 - 8:30 PM                | Valerie Hobensack    | 2         |
| <b>Friday</b>              |                      |           |
| 7:45 - 8:45 AM             | Glenn Kawana         | 1A        |
| 9 - 10:30 AM               | Glenn Kawana         | 2         |
| 11 - 12:15 PM              | Evelia Pineda Torres | 1B        |
| 4:30 - 5:30 PM             | Jim Dillman          | 1A        |
| 5:30 - 7 PM                | Chris Havener        | 2         |
| <b>Saturday</b>            |                      |           |
| 7:30 - 8:30 AM             | Debra Michels        | 1A        |
| <b>NEW</b> 8:45 - 10:15 AM | Evelia Pineda Torres | 2         |
| 10:30 - 11:30 AM           | Jim Dillman          | 1A        |

**Practical Matters** - No pre-registration required. Arrive a few minutes early to sign in with teacher. Wear shorts or footless tights. Do not eat right before class. Advise your teacher if you have significant health problems, concerns or are pregnant. In consideration of others please do not wear heavy perfumes. Turn off cell phones and pagers.

## MOILIILI CLASSES - 2535 S KING ST

|                  | Teacher              | Level          |
|------------------|----------------------|----------------|
| <b>Sunday</b>    |                      |                |
| 7:45 - 8:45 AM   | Alison Mito          | 1A             |
| 9 - 11 AM        | Ae Ja Mobley         | 3              |
| 11 AM - 12:30 PM | Ae Ja Mobley         | 2              |
| 5:30 - 6:30 PM   | Jim Dillman          | 1A             |
| <b>Monday</b>    |                      |                |
| 9 - 10 AM        | Valerie Hobensack    | 1A             |
| 5:30 - 6:30 PM   | Sandi Jordan         | 1A             |
| <b>Tuesday</b>   |                      |                |
| 1:30 - 2:30 PM   | Eunice Sakai         | seniors-\$3.50 |
| 4:30 - 5:30 PM   | Glenn Kawana         | 1A             |
| 5:30 - 7 PM      | Glenn Kawana         | 2              |
| <b>Wednesday</b> |                      |                |
| 9 - 10 AM        | Jim Dillman          | 1A             |
| 5:30 - 6:30 PM   | Glenn Kawana         | 1A             |
| 6:30 - 8 PM      | Glenn Kawana         | restore/prana  |
| <b>Thursday</b>  |                      |                |
| 7:30 - 8:30 AM   | Ae Ja Mobley         | seniors-free   |
| 1:30 - 2:30 PM   | Eunice Sakai         | seniors-\$3.50 |
| 4:15 - 5:15 PM   | Evelia Pineda Torres | 1A             |
| 5:30 - 7 PM      | Ae Ja Mobley         | 2              |
| <b>Friday</b>    |                      |                |
| 9 - 10 AM        | Valerie Hobensack    | 1A             |
| 5:30 - 6:30 PM   | SDC Staff °          | 1A             |
| <b>Saturday</b>  |                      |                |
| 7:45 - 8:45 AM   | Alison Mito          | 1A             |
| 9 - 11 AM        | Ae Ja Mobley         | 3              |
| 11:15 - 12:45 PM | Eunice Sakai         | seniors-\$3.50 |
| 4:45 - 5:45 PM   | Cynthia Lee          | 1A             |

° Ann-Marie is on maternity leave.

**Level 1A** Basic yoga postures and concepts (including alignment, breathing, and relaxation). Recommended for new students.

**Level 1B** Appropriate for continuing beginners or capable/athletic new students. Class includes introduction to shouldstand and variations.

**Level 2** Refinement of basic postures/concepts. Wider range of poses, including inversions, backbends, and forward bends.

**Level 3** Intensive work and detailed instruction for experienced Iyengar yoga students who practice regularly.

**Pranayama** The art of yogic breathing. 6 months Iyengar yoga experience recommended.

**Restorative/Pranayama** Practice of supported asanas that relax & restore. Yogic breathing. 6 mos. experience.

## FEE SCHEDULE

**1 hr. & 1-1/4 hr. classes**

|                    |      |
|--------------------|------|
| Single class       | \$10 |
| Monthly 1 per week | \$30 |
| 2 per week         | \$53 |
| 3 per week         | \$68 |
| 4 per week         | \$84 |
| 5 per week         | \$99 |

**1-1/2 hour classes**

|                    |       |
|--------------------|-------|
| Single class       | \$14  |
| Monthly 1 per week | \$44  |
| 2 per week         | \$68  |
| 3 per week         | \$90  |
| 4 per week         | \$111 |

**2 hour classes**

|                    |      |
|--------------------|------|
| Single class       | \$18 |
| Monthly 1 per week | \$53 |
| 2 per week         | \$84 |

**Unlimited classes**

|  |       |
|--|-------|
| Monthly  | \$116 |
| Monthly fees valid during current calendar month. Monthly students may interchange teachers, times, and locations. |       |