

Class Schedule: Monday, July 6 – Sunday, September 27, 2009

MONDAY		
9:15 - 10:45 am	Iyengar 2	Suzy
1:00 - 4:00 pm	Yoga Privates	By appointment
6:00 - 7:30 pm	Iyengar 1-2	Eric
TUESDAY		
9:15 - 10:45 am	Iyengar Intro-1	Suzy
11:00 - 12:00 pm	Apprenticeship Meeting	Suzy
1:00 - 4:00 pm	Yoga Privates	By appointment
6:00 - 9:00 pm	Dance Class	Lotus
WEDNESDAY		
9:30 - 11:00 am	Iyengar 2	Patti <i>(back in fall)</i>
9:15 - 10:45 am	Summer Restoratives -(NEW!) ^{all} levels	Bonnie
1:00 - 3:00 pm	Yoga Privates	By appointment
4:00 - 5:30 pm	Hatha 1-2	Linda
6:15 - 7:45 pm	Iyengar Intro	Jann
THURSDAY		
9:15 - 10:45 am	Iyengar 1	Bonnie
1:00 - 5:30 pm	Yoga Privates	By appointment
6:00 - 7:30 pm	Iyengar 2-3	Suzy
7:45 - 9:15 pm	Iyengar 2	Robyn
FRIDAY		
9:15 - 10:45 pm	Iyengar Intro	A.J.
12:00 - 4:00 pm	Dance Privates	Lotus
SATURDAY		
8:30 - 10:00 am	Iyengar 1	Robyn
10:15 - 11:45 am	Iyengar 2	Robyn
7:00 - 9:00 pm	Movie Night <i>(See website for title)</i>	Lance *1st & 3rd Sat. of each month
SUNDAY		
11:00 - 1:00 pm	Meditation <i>(See Syoga.com for further info)</i>	Lance
1:30 - 5:00 pm	Lectures & Workshops	

Policies and Costs

*First class is FREE for students new to yoga

Registration: Continuing students can register at any time during the session, space permitting. Beginning students must register at the beginning.

Costs:

- \$18 per 1½ hour Class
- \$25 per 2 hour Class
- \$198 for 11 week session (11 classes)
- \$216 for 12 week session (12 classes)
- \$16 for extra classes for registered students
- \$20 for Drop-ins, per-class fee for unregistered students (space permitting)

Important: No Drop-ins without previous Yoga Experience.

Discounts:

- Family discount 10%
- Student discount 10% for regular class.
- Business discount 10% to businesses in our zip code
- Students 65 and older receive a 10% senior citizen discount on regular tuition *(not applicable for drop ins or workshops).*

Pro rates: For 3 missed classes or less, the full tuition will be charged. Missed classes can be made up at any time during the same session.

Class Cancellation: Please call the studio 2 hours before class for cancellations due to weather or other situations.

General Information: Please arrive 15 minutes prior to start of class. Do not eat a major meal 2-3 hours before class. Light snacks are okay. Please inform the teacher of any health issues or injuries before class and keep the teacher informed of problems as they occur. No cell phones or perfume in the studio.

Clothing: Please wear footless tights or shorts and a comfortable top. There are changing rooms/bathrooms available.

Workshops: Workshop sign-up commits you. If you cannot attend, please call 24 hours in advance and let us know so we can give your space to someone else.

Workstudy Program: We have several programs available. Please call Suzy for information at 410-308-9950.

Teacher Training: Syoga offers a 500 hour Yoga Alliance apprenticeship in the Iyengar tradition. If you are interested in becoming a teacher or deepening your practice please call Suzy at 410-339-3472

Parking: Available both in side lot and on the street.

Events and Workshops 2009

Call or visit our site at SYoga.com

Intersession Classes

Monday June 29, **6:00 pm** Eric

Thursday July 2, **6:30 pm** Robyn

June 20 – Movie Nights

Free, 7-9 pm. see Syoga.com for title

July 6- Monday

Summer Classes Begin – 12 Weeks

July 19 – Sunday

Betty Lewis Workshop

Hips & Hamstrings

2:00-4:30 pm \$40

August 15 & 16, Saturday and Sunday

Yogi Lama Gursam Teaching and Meditation

TBA on website Syoga.com

Contact: lance302@msn.com for more info

September 7 – Monday

Labor Day- Closed

Susquehanna Yoga
& Meditation Center
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www.SYoga.com



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Certified Iyengar Yoga Teachers

Home of the Medicine Buddha Sangha

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