



Orenda Yoga & Healing Arts

461 Rt. 146 - PO Box 104 - Guilderland Ctr. NY 12085

Summer Schedule - July / August 2009

Mondays

6 PM - Yoga Circle

(flex Class \$13 drop in - 3 for \$33 or 6 for \$60)

July 6, 13, 20 August 3, 10, 17, 24

With Andrea Fortuin a weekly guided Yoga experience that allows for many levels of practice. Class involves a gentle hatha / raja approach. Some experience needed.

7:30 PM -Yoga Basics

(6 wk session \$56)

July 6, 13, 20 August 3, 10, 17

with Andrea Fortuin. Beginner yoga series for those who are new to yoga. Basics to include beginners postures, breathing techniques and simple meditation.

Tuesdays

6 PM – Intro to Vini Yoga

(6 wk session \$56)

July 7, 14, 21, 28 August 11, 18

with James Banoff-Burg Advanced beginners wanting to explore yoga movement on a deeper level.

7:30 PM Vini Yoga Advanced

(flex Class \$13 drop in 3 for \$33 or 6 for \$60)

July 7, 14, 21, 28 August 11, 18

with James Banoff-Burg - integrating aspects of both Iyengar and Ashtanga At least one year experience and current personal practice required.

Wednesdays

5:45 PM –Very Gentle Yoga

(flex Class \$13 drop in - 3 for \$33 or 6 for \$60)

July 1, 8, 15, 22, 29 August 5, 12, 19, 26

with Laurel Tormey Cole - for those new to yoga and /or with restricted movement.

7:30 PM Evolve Yoga

(flex Class \$13 drop in 3 for \$33 or 6 for \$60)

July 1, 8, 15, 22, 29 August 5, 12, 19, 26

with Laurel Tormey Cole - A mixed level y class for those with some yoga experience

Thursdays

10:00 AM TOT Itsy Bitsy Yoga

(5 wk session - \$48)

July 2,16,23,30 August 6

Ages: Crawling to 24 Months – - see website for further details - with Linda Gallagher

Tots playfully practice yoga postures with parents, while standing, sitting up, walking and jumping.

Cost - \$48 for each 5-week session

11:30 AM BABY Itsy Bitsy Yoga

(5 wk session - \$48)

July 2,16,23,30 August 6

Ages: 6 weeks to Almost Crawling – see website for further details – with Linda Gallagher

Babies enjoy yoga while on their backs, tummies, or held in loving arms. For parents, this class is an opportunity to meet other moms, get support, and learn about baby's emerging personality.

7:30 PM Belly Dance

(6 wk session \$56)

July 9, 16, 23, 30 August 6, 13

with Margaret Bunkhoff - Learn, laugh, & tone up! Enjoy this beginners level Belly Dance class with women of all shapes and sizes. No dance experience necessary!

Fridays

9:30 AM Very Gentle Yoga

(flex Class \$13 drop in 3 - for \$33 or 6 for \$60)

July 3, 10, 17, 24, 31 Aug. 7, 14, 21, 28

with Laurel Tormey Cole - for those new to yoga and /or with restricted movement.

6:00 PM Vinyasa Flow

(flex Class \$13 drop in 3 - for \$33 or 6 for \$60)

July 3, 24, 30 August 7, 14, 21,

Vinyasa flow develops a seamless process of posture, rhythmic control of the breath, and meditation. With Melissa Forbes, certified Heart of Yoga instructor.

Saturdays

8:00 AM Vinyasa Flow

(flex Class \$13 drop in - 3 for \$33 or 6 for \$60)

July 4, 25, August 1, 8, 15, 22

with Melissa Forbes

9:30 AM Pre Natal Yoga

(flex Class \$13 drop in 3 for \$33 or 6 for \$60)

July 11, 18, 25 August 8, 22, 29

with Melinda Lippert - for expecting moms at any stage of pregnancy.

Sundays

9 AM Mixed Level Yoga

(flex Class \$13 drop in - 3 for \$33 or 6 for \$60)

July 19, 26 August 2, 9, 16, 23, 30

with Patricia Clark- A moderately energetic class, open to experienced beginners and intermediate students. Recommended for students who have an on-going yoga practice (6 months minimum).

*Camp Orenda ... Join us
Wednesdays this summer
for a special series of classes at the
Octogen Barn, Middle Rd. Knox
Including :*

*Yoga Circle - weekly yoga for all levels
Yoga Nidra/iRest -meditation & relaxation
Cirque du Sol -A Yoga Celebration for Kids*

visit the website for more information



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