

CLASS PRICES

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| Single Class | \$ 16 |
| Series Options: | |
| 2 classes/ week for 30 days (8 classes)..... | \$ 79 |
| 5 Class Series (expires after 90 days)..... | \$ 73 |
| 10 Class Series (expires after 90 days)..... | \$ 135 |
| 20 Class Series (expires after 120 days)..... | \$ 245 |
| 6 Weekly Yoga Basics Series..... | \$ 81 |
| Monthly Unlimited..... | \$140 |
| Automatic Monthly Debit for UNLIMITED YOGA CLASSES | |
| 12 mo. Minimum Commitment | \$99/mo. |
| 6 mo. Minimum commitment | \$109/mo. |
| Three Month Unlimited..... | \$ 340 |

- Notes: * The Meditation class on the 1st & 3rd Fridays is free
 * 20% discount for seniors and full time students.
 (Discounts not available for three month unlimited the 2 class per week for 30 days series, or auto debit.)
 * Please bring your own yoga mat. As there are just a few to borrow. Mats are available for purchase at Yoga Loka, \$25-35.

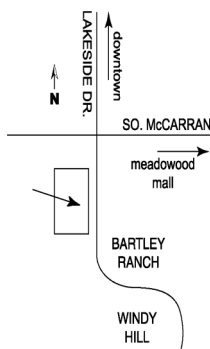
Private instruction is also available.
 Inquire for further details.

CLASS ETIQUETTE

- Turn off cell phones and pagers within the building.
- Please refrain from wearing perfume or cologne.
- If you must be late, please do not enter the classroom during meditation, or if you must leave early, please leave before the final relaxation (savasana).

LOCATION

Yoga Loka
 6135 Lakeside Drive, Suite 121
 Reno, NV 89511
 In the Lakeridge Pointe Shopping Center on Lakeside Drive one block south of So. McCarran at the base of Windy Hill.



Contact info
phone: (775)337-2990
email: info@yogalokareno.com
web site: www.yogalokareno.com

Revised 8/15/09

SPECIAL EVENTS & WORKSHOPS

WILD SERENITY: A radically liberating deeply revitalizing weekend of meditation, movement and energy practices with Camille Maurine & Dr. Lauren Roche

Friday, Oct. 30 7:00-9:30 p.m.
 Sat & Sun, Oct. 31 & Nov. 1 11a.m.-5 p.m.
 \$100 will reserve a spot; \$220 before Oct. 2; \$260 after Oct. 2

KIRTAN with Ziva

Thursday, Sept. 17 7:30 p.m.Donations accepted

YOGA BASICS (6 class series)

Mondays 7:30-9 p.m. (8/3-9/7)Jeanine Sigal.....\$81
 Wednesdays 9:30-11 a.m. (9/16-10/21)Sally McGrew.....\$81
 Mondays 5:45-7:15 p.m. (9/14-10/19)Vanessa Simpson...\$81

REFRESHER: Get Back into Your Practice (6 class Series)

Mondays 5:45-7:15 p.m. (9/14-10/19)Vanessa Simpson...\$81

TAI—CHI w/Helen Marotta

Beginning class starting in January 2010

ADAPTIVE & CHAIR YOGA

Tuesdays, 2:00– 3:15 p.m. Please call before attending.
 Kim OrensteinRegular class pricing, sliding scale available

COUPLES PRENATAL YOGA w/ Mandy Colbert

1st Friday of each month 5:45-7:15 p.m.\$25/couple per class

PRE-NATAL MOVIE Afternoons Saturdays 12:15-1:15 p.m by donation

Sept 19 It's My Body, My Baby, My Birth

Oct 17 Giving Birth, Unveiling Birth: The wisdom, science & heart

Nov 21 Birth as we know it

Dec 19 Gentle Birth Choices

HYPNOBIRTHING w/Mandy Colbert

Sundays, 12:30— 3:30 p.m.....Cost \$335 (sliding scale & payment options available) includes 12 hours, a manual & 2 CD's
Call or see websites for dates

ADVANCED YOGA STUDY— TEACHER TRAINING PROGRAM

September 2009—May 2010 Call or see website for more information



FALL 2009 Schedule



Kimberlee Orenstein, Director

6135 Lakeside Dr. #121
 Reno, NV 89511
 Phone: 775.337.2990
 info@YogaLokaReno.com
 www.YogaLokaReno.com

CLASS SCHEDULE

Schedule often changes on holiday weekends. Please call, check fliers on door or visit our website for those changes.

MONDAY

9:15-10:45...Gentle & Yin YogaHelen Marotta
9:30-11:00...Fluid Body Yoga All Levels.....Kim Orenstein
Noon-1:15...Level 1-2Sally McGrew
5:30-7:00.....Vinyasa Flow 1-2.....Jen McClellan
* 5:45-7:15... * Refresher: Get Back into Your Practice (9/14- 10/19)
(Beginners Welcome).....Vanessa Simpson
7:15-8:45.....Level 1-2 (Community \$8/class).....Amber Jesch

TUESDAY

6:15-7:30Level 1-2 (Community \$8/class).....Jim Dakin
* 8:30-9:30... * Intermediate Tai ChiHelen Marotta
10:00-11:30...Gentle Yoga.....Kim Orenstein
Noon-1:00Hot Mama Buddha BabyMandy Colbert
Noon-1:15.....Level 1-2.....Denise Barclay
1:30-2:30.....Hot Fudge for Pre & PostnatalMandy Colbert
* 2:00-3:15... * Adaptive & Chair Yoga (call first).....Kim Orenstein
4:00-5:15.....Level 1.....Jackie Gallagher
5:30-7:00.....Vinyasa Level 2-3 (begins in Sept)...Kim Allcock
5:45-7:15.....Level 1 Gentle Yoga.....Tom Burton

WEDNESDAY

* 9:30-11:00.....Level 1.....Sally McGrew
9:30-11:00...Gentle Yoga.....Denise Barclay
*11:30-12:30... * Intermediate Tai ChiHelen Marotta
12:00-1:30...Fluid Body Yoga All Levels.....Kim Orenstein
5:30-7:00...Fluid Body Yoga All Levels.....Kim Orenstein
5:30-7:00...Prenatal Yoga.....Kim Allcock
7:15-8:45.....Temporarily Cancelled.....TBA

* For those classes marked with an * Pre-registration required

CLASS SCHEDULE CONTINUED...

THURSDAY

6:15-7:30Level 1-2 (Community \$8/class).....Sandra Li
* 8:30-9:30... * Intermediate Tai ChiHelen Marotta
10:00-11:30...Gentle YogaKim Orenstein
Noon-1:15.....Level 1-2.....Denise Barclay
4:00-5:15.....Level 1 (begins in Sept).....Jackie Gallagher
5:30-7:00.....Vinyasa Level 2-3(begins in Sept).....Kim Allcock
5:45- 7:00.....Level 1.....David Funk
7:30-9:00.....Gentle Yoga (Community \$8/class)...Jeanine Sigal

FRIDAY

9:15-10:45...Gentle & Yin YogaHelen Marotta
9:30-11:00...Level 1-2Sally McGrew
Noon-1:15.....Friendly Yoga (Gentle Flow) starts 9/9..Shauna Sullivan
5:30-7:00.....Revitalizing with Yin & Yang.....Tiffany Tatum
* 5:45-7:15... * Couples Prenatal (First Fridays).....Mandy Colbert
7:15-8:45.....Meditation (1st & 3rd Fridays..FREE)...Mary & Dan Dugan

SATURDAY

7:00-8:30.....Level 1-2.....Amber Jesch
8:45-10:15.....Level 1.....Mary Dugan
10:30-noon.....Vinyasa—all levels.....Kim Allcock
10:30-noon.....Pre-Natal Yoga.....Mandy Colbert

SUNDAY

8:45-10:15.....Variety Vinyasa.....Rotating Teachers
10:30-noon.....Level 1-2.....Denise Barclay
4:30-6:00Friendly Yoga (Gentle Flow) starts 9/11..Shauna Sullivan

* For those classes marked with an * Pre-registration is required

PRIVATE SESSIONS ARE ALSO AVAILABLE:
Call for more info

*For more class & workshop information visit our website
www.yogalokareno.com or call (775) 337-2990*



CLASS DESCRIPTIONS

YOGA BASICS: An introductory course taught in six week sessions, introducing the principles, philosophy, movements, breathing and relaxation techniques of yoga. Designed specifically for the new student. Pre-registration is required. A yoga mat is required (available for purchase \$25-35).

LEVEL 1: A well rounded beginning yoga practice with emphasis on breathing and healthy alignment. Yoga Basics is recommended but not required.

LEVEL 2: A moderately paced intermediate class which builds strength, flexibility, stamina and concentration. Continued emphasis on breathing and healthy alignment.

LEVEL 3: A more challenging class for those with an ongoing yoga practice. Advanced postures and methods of practice will be introduced. Not suitable for beginners.

PRE-NATAL YOGA: A special practice addressing the changing phases of pregnancy, connecting mother and baby, while preparing for a healthy, mindful, more natural approach to the challenges of labor and birth.

COMMUNITY CLASS: Priced to benefit the individual looking for quality yoga training at a price they can afford! Donation basis

FLUID BODY YOGA By tapping into the body's natural instincts we learn to move and live without resistance. This form of moving meditation is enjoyed by those with some yoga experience.

FRIENDLY YOGA a gentle hatha flow of postures and breath.

GENTLE YOGA is suitable for everybody. Focus is on breathing techniques, postures, relaxation and meditation to release tension and improve flexibility, resulting in a reduction of pain and stress.

HOT FUDGE YOGA Movement & Yoga for prenatal students and new moms. "Old moms" and "non-moms" are also welcome!

MEDITATION (1st & 3rd Fridays): This ongoing group meets to support and encourage each other in our daily practice of the Program developed by Sri Eknath Easwaran. For more info call Mary Dugan 851-4408. Free.

NEW GENERATION YOGA for KIDS: A fun and creative class designed for kids ages 4-7 & 8-12, that introduces the benefits of Yoga.

TAI-CHI: is a form of slow moving standing exercise to keep you strong in body and mind. Tai Chi for Health is suitable even for a complete novice. The Yang Long Form is appropriate for anyone with 6 months or more experience in Tai-Chi.

VINYASA denotes a dynamic form of yoga that interlinks postures to form a continuous flow that is connected to the breath.

YIN YOGA longer held poses targeting deep connective tissues, joints & meridians