



Ashtanga *July-August*

Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
9:00 - 10:30 AM Primary Series	9:30 - 11:00 AM Primary Series		9:30 - 11:00 AM Primary Series		9:30 - 11:00 AM Primary Series	
	6:00 - 7:30 PM Ashtanga 101	7:30 - 8:45 PM Ashtanga Level I	5:45 - 7:15 PM Primary Series		5:30 - 7:30 PM Mysore	
Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
9:00 - 10:30 AM Primary Series	9:30 - 11:00 AM Primary Series		9:30 - 11:00 AM Primary Series		9:30 - 11:00 AM Primary Series	
	6:00 - 7:30 PM Ashtanga 101	7:30 - 8:45 PM Ashtanga Level I	5:45 - 7:15 PM Primary Series		5:30 - 7:30 PM Mysore	
Sunday 01	Monday 02	Tuesday 03	Wednesday 04	Thursday 05	Friday 06	Saturday 07
9:00 - 10:30 AM Primary Series	9:30 - 11:00 AM Primary Series		9:30 - 11:00 AM Primary Series		9:30 - 11:00 AM Primary Series	
	6:00 - 7:30 PM Ashtanga 101	7:30 - 8:45 PM Ashtanga Level I	5:45 - 7:15 PM Primary Series		5:30 - 7:30 PM Mysore	
Sunday 08	Monday 09	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
9:00 - 10:30 AM Primary Series	9:30 - 11:00 AM Primary Series		9:30 - 11:00 AM Primary Series		9:30 - 11:00 AM Primary Series	
	6:00 - 7:30 PM Ashtanga 101	7:30 - 8:45 PM Ashtanga Level I	5:45 - 7:15 PM Primary Series		5:30 - 7:30 PM Mysore	
Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
9:00 - 10:30 AM Primary Series	9:30 - 11:00 AM Primary Series		9:30 - 11:00 AM Primary Series		9:30 - 11:00 AM Primary Series	
	6:00 - 7:30 PM Ashtanga 101	7:30 - 8:45 PM Ashtanga Level I	5:45 - 7:15 PM Primary Series		5:30 - 7:30 PM Mysore	

Workshop: Ashtanga 101 with Taylor Hunt

Mondays 6:00 PM - 7:30 PM July 19 2010 - August 30 2010

This 7- week course will offer an introduction of postures (asanas) of the Ashtanga Primary Series, up to Navasana. Each week will progress from the previous session, providing students with the opportunity to build on what they have learned through repetition. Detailed instruction will be offered on proper alignment in postures, breath, bandha use, and focus (drishti). The course will also offer a brief history of Ashtanga Yoga, including how the "Eight Limbs" are incorporated in practice, and information on its lineage. Ashtanga 101 is appropriate for students who prefer strong movements in their yoga practice, current students wanting to deepen their understanding of the practice, or beginning students with no prior knowledge of Ashtanga Yoga. are encouraged to attend. On completion of the course, students will be ready to proceed to the Ashtanga Level I and/or Mysore classes. Have to miss a week? If you miss a class don't worry ... you can make it up in an Ashtanga Level I class or Mysore.

Clintonville

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Please visit www.balancedyoga.net for more information