

LIVE YOGA WELLNESS®

CLASS SCHEDULE

MONDAY 9:00 – 10:15 am 7:00 – 8:15 pm ****	THERAPEUTIC YOGA MIXED LEVEL FLOW	Teri Roseman* Megan/Anna
TUESDAY 9:00 – 10:15 am 1:30 – 2:30 pm 7:00 – 8:15 pm	PRIME OF LIFE YOGA® COMMUNITY CLASS** TAI CHI	Don Henry* Deanna Courtney Jonathan Savell
WEDNESDAY 9:00 – 10:15 am 7:00 – 8:15 pm	MIXED LEVEL FLOW THERAPEUTIC YOGA	Diane Magnette Teri Roseman*
THURSDAY 9:00 – 10:15 am 1:30 – 2:30 pm 7:00 – 8:15 pm	ALL LEVEL YOGA COMMUNITY CLASS** ALL LEVEL YOGA	Deanna Courtney Elyse Lauren* Lizbeth Vazquez
FRIDAY 9:00 – 10:15 am	PRIME OF LIFE YOGA®	Don Henry*
SATURDAY 9:30 – 10:45 am***	YOGA REGENERATION	Pamela/Anna

* Denotes Teacher is a Certified Yoga Therapist
 **Community class – By Donation
 ***Shared Class - Teachers Pamela Blackstone and Anna Conversano
 ****Shared Class - Teachers Megan Gance and Anna Conversano

Schedule as of March 8, 2019

CLASS FEES

----- \$5.00 OFF - FIRST CLASS - NEW STUDENT -----

CLASS FEES PRICES	UNLIMITED CLASSES
\$17.00 - 1 individual class	
\$70.00 - 5-class series AR (\$14/ea)*****	\$108.00 – Intro - 30 Day
\$75.00 - 5-class series (\$15/ea)	\$125.00 – 30-Day Unltd AR*****
\$175.50 - 15-class AR (\$11.70/ea)*****	\$350.00 – 90-Day Unlimited****
\$195.00 - 15-class series (\$13/ea)	\$1,300.00 – 1 Year Unlimited*****
***** AR - Auto-renew	

No refunds or transfer on class packages.
 Teacher or class time is subject to change without notice.

6700 W. 83rd Street (entrance on Dunbarton) Los Angeles CA 90045
 info@liveyogawellness.com phone 310-835-6700 liveyogawellness.com

CLASS DESCRIPTIONS

ALL LEVEL YOGA — Beginner Friendly

This class will inspire openness and strength. The postures, breathing, relaxation, and meditation are taught classically and in a practical way that will help bring synchronicity and balance to people's lives. If the body is strong and flexible, the nervous system will be relaxed, the breath will be smooth, and the mind will be calm and clear.

COMMUNITY CLASS — Beginner Friendly

This is an all-level class to which everyone is welcome. There is no fee; suggested donation \$5.00 minimum.

MIXED LEVEL FLOW — Intermediate-Advanced

This class emphasizes linking the breath with continual movement. The students will flow through a sequence of basic postures, building stamina, strength, flexibility, and balance. It is designed so that all levels can practice together in an encouraging environment.

PRIME OF LIFE® — Beginner Friendly

Yoga that includes asana that is accommodating, covering everyday biomechanics, management of common aches and pains stress reduction.

TAI CHI — is a thousand year-old ancient chine self-healing method. Wheterh this is your first experience or you are a seasoned practitioner, you will leave with a variety of tools that you can apply to your daily life immediately.

THERAPEUTIC YOGA — Beginner Friendly

Ideal for People with Specific Health or Recovery from Injury Needs
 This class is a healing, physically slower approach to yoga. The starting point is what is comfortably possible for the practitioner. Postures are modified using props and are tailored to individual needs and physical capabilities. The level of difficulty and intensity is attuned to the individuals in each class and refined constantly throughout the practice. Morning therapeutic classes focus on creating energy for the day ahead, while evening therapeutic classes focus on releasing stress and tension from the day.

YOGA REGENERATION — Beginner Friendly

An intuitive and compassionate exploration of the body, mind, and spirit through long-held stretches, hatha yoga postures, core stability exercises, deep contemplations, pranayama, meditation, and restoration.