

Fall 2010
 Weekly Class Schedule
 September 7 – December 31



www.vergeyogacenter.com
 250 w. lancaster ave., wayne, pa
 610.971.0518

unblock. unfold. unleash.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6:00							
7:15			SS		SS	SS	SS
8:15		SS		SS			
8:15	Flow		Flow		Flow		
8:30			FD		FD	Flow**	Flow*
9:00		Flow*		Flow*			SS
9:30	Flow*	VA aero ++	Flow*		Flow*		
10:00	SS*		SS*		SS*		
10:30		VA		FB*		Flow	
10:30		BNB*		BNB*		SS*	SS*
12:00	Flow	Flow	Flow	Flow	Flow		
12:00	SS	SS	SS	SS	SS		
4:00		SS		SS		SS*	SS*
5:30	SS*	Flow*	SS*	Flow			
6:00		SS*		SS*	SS*		
6:00	Flow*		Flow*				
7:00	VA	BNB Med**		Yin Yoga+**			
7:30	SS	BNB*	SS	BNB*			

Classes are 60 minutes unless otherwise noted.

* 75 minute class ** 90 minute class + Yin begins 9/16

++ VA aeroSling begins 9/21

(SS) Stationary Sequence, (FB) Flow Basics 4-wk Series, (BNB) Brand New Beginner 4-wk Series, (BNB Med) Brand New Beginner Meditation 6-wk Series, (FD) Foundations, (VA) Verge Athlete, (VA aero) Verge Athlete aeroSling



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verge yoga



Brand New Beginner Series (BNB)—This four week series, offered monthly, is the best place to start. Dive into the fundamentals. We teach principles that work to quickly improve posture, alleviate pain and focus your mind. Pre-registration is required.

Stationary Series (SS)—Build a strong foundation and correct imbalances. This class builds strength, stability, flexibility and focus. Accessible for beginners.

Flow—Builds upon the principles of our Flow Basics and Stationary classes moving through poses in a dynamic manner. This vigorous class connects deep breathing and fluid movement with foundational poses and challenging variations.

Flow Basics Series (FB)—This 4-week series will teach you the fundamentals of our Flow practice. Move slowly through step back salutes and other foundational poses. Check website for start dates and rates.

Verge Athlete—These barefoot workouts fuse progressive dynamic functional training with the Verge Yoga Training methodology. As we focus on building core stability, you will feel longer, stronger and more agile. Verge aeroSling is a unique and progressive workout fusing yoga and suspension training using the aeroSling by Smooth Fitness. This class using our superior pulley device combined with yoga poses offers students a highly effective strength training option.

Yin Yoga—Take your yoga practice deeper. Yin yoga allows us to heal our joints and deep connective tissue through specific series of long held passive poses. Yin Yoga is the perfect complement to your daily Verge yoga practice.

Foundations—This non-heated class focuses on simple, mindful movement and seated meditation and is open to all levels. Learn the principles of our therapeutic foundational poses and the steps to building a consistent meditation practice.

BNB Meditation—This 6-week series will introduce you to the essential steps to reduce stress through the practice of mindfulness meditation. These tools will help you to enhance your overall health and quality of life. Each class will include practice and discussion.

Starting October 5th \$125.00

Class Rates

Drop-in class	\$17
10 classes	\$145
20 classes	\$270
Unlimited monthly	\$165
3 month unlimited	\$450
Unlimited monthly auto-renew	\$135
Unlimited family (2) auto-renew	\$230

Student & Senior Class Rates

Drop-in class	\$14
10 classes	\$120
Unlimited monthly	\$130
Unlimited monthly auto-renew	\$120

- Students must show valid, full-time I.D. at time of purchase
- Senior rate applies to those 62+
- All class cards have 1 year expiration date and are non-transferable

Brand New Beginner Series (BNB) Rates

BNB series	\$130
BNB series student/senior	\$110

"Best of the Main Line"
'05 - '10