



Om Room SCHOOL OF YOGA

300 Natural Bridges Drive
Santa Cruz
(831) 429-YOGA
www.omroom.com

WINTER QUARTER 2009 JANUARY, FEBRUARY, MARCH

MONDAY

12:30 – 1:15 p.m.	Hatha I	Tricia
5:45 – 7:00 p.m.	Hatha I	Kate
7:15 – 8:45 p.m.	All Levels Hatha	Victor

TUESDAY

8:45 – 10:00 a.m.	All Levels Hatha	Roxanne
12:30 – 1:15 p.m.	Hatha I	Talya
5:30 – 7:15 p.m.	Intermediate Hatha	Victor
7:30 – 8:30 p.m.	Back to Basics ☯	Victor

WEDNESDAY

9:00 – 10:00 a.m.	Postpartum	Kate
10:30 – 12:00 p.m.	All Levels Anusara	Simmin
12:30 – 1:15 p.m.	Beginning Hatha	Victor
5:45 – 7:00 p.m.	Beginning Hatha	Victor

THURSDAY

8:45 – 10:00 a.m.	All Levels Hatha	Roxanne
12:30 – 1:15 p.m.	Hatha I	Tricia
5:30 – 7:00 p.m.	All Levels Anusara	Simmin
7:15 – 8:45 p.m.	Special Classes ☯☯	

FRIDAY

8:45 – 10:00 a.m.	Hatha I-II	Kelly
12:30 – 1:15 p.m.	Beginning Hatha	Victor
5:30 – 7:30 p.m.	Special Classes ☯☯	

SATURDAY

10:00 – 11:30 a.m.	Intermediate Vinyasa	Victor
12:00 – 1:15 p.m.	Beginning Hatha	Victor

SUNDAY

10:00 – 11:30 a.m.	Hatha II	Lisa
12:00 – 1:15 p.m.	Hatha I	Kate

☯ Tuesdays 2/3 - 3/10

☯☯ Check www.omroom.com for details

All classes are ongoing and can be joined at anytime unless otherwise specified.

ASSEMBLIES & SPECIAL COURSES

- ~ MARTIN LUTHER KING BIRTHDAY CELEBRATION CLASS with Victor, Monday, 1/19, 7:15-8:45 p.m.
- ~ SUPTA BOWL with Victor Saturday, 1/31, 3:00-5:00 p.m.
- ~ BACK TO BASICS with Victor Tuesdays, 2/3-3/10, 7:30-8:30 p.m.
- ~ PARTNER YOGA Check www.omroom.com for time and date
- ~ RESTORATIVE FRIDAY NIGHTS 1/30, 2/27, 3/27
- ~ SUNDAY EVENING RESTORATIVES 1/11, 2/15, 3/15
- ~ INTRODUCTION TO ANUSARA YOGA with Simmin Sunday 2/8, 2:00-4:30

NEWS & NOTES

- ~ No Regular Classes: 1/1
- ~ We are OPEN Martin Luther King's Birthday, Inauguration Day, and President's Day!

Check Schedule Updates and Changes Online at:
www.omroom.com

CLASS DESCRIPTIONS

Anusara: Unifies a life-affirming philosophy of intrinsic goodness with biomechanical principles of alignment

Hatha: Asanas (postures) and pranayama (breathing) bring body, breath and mind into balance

Iyengar: Asanas (postures) in the tradition of B.K.S. Iyengar emphasize proper alignment to tone the body and focus the mind

Vinyasa: Flowing asanas (postures) integrated with intentional breathing invigorate body and mind

CLASS LEVELS

Beginning: Basic postures and breathing practices are introduced and explored

Intermediate: Postures that challenge strength and flexibility are introduced and explored

All Levels: Postures and breathing are practiced with variations for all levels of students

I: Beginning level II: Beginning and Intermediate level III: Intermediate level

Multiple Classes

5 Class	\$55
10 Class	\$95
20 Class	\$185

Unlimited Pass

4 Weeks	\$95
12 Weeks	\$250
52 Weeks	\$925

Simplified Tuition

Drop In --- \$12 - \$14

PRICE GUIDE

Minor (17-under) & Senior (62-over) Discounts

5 Class	\$45
10 Class	\$85
20 Class	\$170
4 Weeks	\$85
12 Weeks	\$225
52 Weeks	\$895

Mon/Wed/Fri 12:30 \$7---

Multiple Classes- Transferable, No Expiration & Non-Refundable
Unlimited Pass- Non-Refundable & Non-Transferable
Cash, Checks, Visa, Master Card, and Discover Accepted

Victor Dubin, Principal
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