



As of January, 2010

NAMASTE

EXTEND THE FINISH LINE

Namaste The Yoga Spa
 377A South Oyster Bay Road
 Plainview Shopping Center
 Plainview, NY 11803-3301
 (516) 931-8443
www.ntyspa.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am - 6:40 am SILENT HOT YOGA (by invitation only)	5:30 am - 6:40 am SILENT HOT YOGA (by invitation only)	5:30 am - 6:40 am SILENT HOT YOGA (by invitation only)	5:30 am - 6:40 am SILENT HOT YOGA (by invitation only)	5:30 am - 6:40 am SILENT HOT YOGA (by invitation only)	7:30 am – 8:30 am SILENT HOT YOGA (by invitation only)	7:30 am – 8:30 am SILENT HOT YOGA (by invitation only)
9:30 am – 11:00 am HOT YOGA	9:30 am – 10:45 am ASHTANGA <i>(odd # days)</i> HOT PILATES <i>(even # days)</i>	9:30 am – 11:00 am HEATED YOGA CORE	9:30 am – 11:00 am HOT YOGA	9:30 am – 11:00 am HOT YOGA	9:00 am – 10:30 am HOT YOGA	9:00 am – 10:30 am HOT YOGA
11:15 am -12:45 pm BAPTISTE HOT POWER YOGA	11:00 am – 12:00 pm HOT YOGA EXPRESS	10:45 am - 11:45 am TAI CHI <i>(ongoing workshop)</i> \$10 members \$15 non-members	11:15 am – 12:45 pm HOT BARKAN METHOD	9:30 am - 11:00 am FLOW YOGA		
		11:00 am – 12:00 pm HOT YOGA EXPRESS		11:15 am - 12:30 pm YIN YOGA		
		4:30 pm - 5:30 pm YOUTH VINYASA 7, 8, 9 year olds		4:30 pm – 6:00 pm HOT YOGA		
4:30 pm – 6:00 pm HOT YOGA		4:30 pm - 5:30 pm KIDS YOGA 4, 5, 6 year olds			4:00 pm – 5:30 pm HOT BARKAN METHOD	4:00 pm – 5:00 pm HIP HOP
	6:30 pm – 7:30 pm POWER YOGA	5:30 pm - 6:30 pm PRE-TEEN 10, 11, 12 year olds	6:30 pm – 7:30 pm HOT VINYASA FLOW	6:30 pm – 7:30 pm HOT YOGA EXPRESS		
7:00 pm – 8:30 pm HOT YOGA	8:00 pm – 9:30 pm HOT YOGA	7:00 pm – 8:30 pm HOT YOGA	8:00 pm – 9:30 pm HOT YOGA			Workshop offered 1st Sunday of every Month*

Pre-registration required - 10 person minimum.

- Check-in will begin at 11 am and the workshop will be held from 11:30am-1:30pm - Cost of the workshop will be: \$30 per person or \$25 each if you bring a friend!