



Fall / Winter Schedule

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

STUDIO 1

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)		
9:30 am – 11:00 am HOT YOGA	9:30 am – 10:45 am ASHTANGA	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
	11:00 am – 12:00 pm HOT YOGA EXPRESS	11:00 am – 12:00 pm HOT YOGA EXPRESS		9:30 am - 11:00 am FLOW YOGA		
				11:15 am - 12:30 pm YIN YOGA		
4:30 pm – 6:00 pm HOT YOGA	5:00 pm – 6:15 pm YIN YOGA	4:30 pm - 5:30 pm ** YOUTH VINYASA 8+ year olds		4:30 pm – 6:00 pm HOT YOGA		
		4:30 pm - 5:30 pm ** KIDS YOGA 5-7 year olds				
7:00 pm –8:30 pm HOT YOGA	6:30 pm – 7:30 pm POWER YOGA		6:30 pm – 7:30 pm HOT VINYASA FLOW	6:30 pm –7:30 pm HOT YOGA EXPRESS		Workshop offered 1st Sunday of every Month*
	8:00 pm –9:30 pm HOT YOGA	7:00 pm –8:30 pm HOT YOGA	8:00 pm –9:30 pm HOT YOGA			

Pre-registration required - 10 person minimum.

- Check-in will begin at 11am 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!

- All questions regarding workshops or suggestions for future workshops please contact: Robin Appel at (631) 235-5307 or email her at: AlwaysAtAum@aol.com.

**Classes begin Sept. 10, 2008 - Pre-registration is ongoing.