

# Breathing Time Yoga

*Your Sanctuary for Health,  
Healing & Beyond*

## Frequently Asked Questions:

### ***What makes Breathing Time Yoga special?***

At Breathing Time Yoga, each instructor has a special way of teaching you how to get in touch with your own transformative powers for health, healing and beyond.

### ***What are the benefits of yoga?***

What most people notice about yoga is that it is relaxing and revitalizing and that they become more limber and stronger. Most importantly they experience a development of mental focus and inner peace.

### ***Are all the classes the same?***

No. We offer different types of yoga and movement so that you can find the one that works best for you. We suggest you try an open enrollment to find the teacher and style that best suits you.

### ***Where are you located?***

On the East Side / Oak Hill line.  
1.8 miles from the North Main Whole Foods,  
across the street from the "New" Gold's Gym.  
Blocks from I-95, exit 25.

**541 Pawtucket Ave, 2<sup>nd</sup> floor  
Pawtucket, RI 02860-6058**

### ***If you have other questions***

Karen Lee 401-421-9876  
Info@BreathingTimeYoga.com

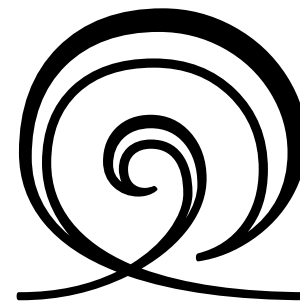
### ***Website***

www.BreathingTimeYoga.com

BREATHING TIME YOGA  
541 PAWTUCKET AVE, BOX 105  
PAWTUCKET, RI 02860

**ADDRESS SERVICE REQUESTED**

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(401)-421-9876

## August - September 2010 Schedule

### Monday

- 9:30-11:00 am Moderate Warm Vinyasa, Elaine \*Childcare Available, please register by the Sunday before.
- 12:00-1:00 pm Dancing for Birth, Severine \*July 26-August 23. Drop-ins \$15.
- 5:30-6:45 pm Basic Viniyoga / Vinyasa, Aggie
- 7:00-8:30 pm Moderate Yoga, Christy
- 7:00-8:30pm Yoga for Back Care, Aggie \*June 7-August 11. Registration required.

### Tuesday

- 7:00-8:15 am Everybody, Rise and Shine! (Alignment), Lora \*July 20-August 10th. Drop-ins \$15.
- 9:30-11:00 am Basic Warm Vini-Yoga Vinyasa, Angela
- 5:30-7:00 pm Basic Alignment Yoga, Laurel
- 6:00-7:00 pm Zumba, Anna \*June 15-August 3. Registration required.
- 7:15-9:00 pm Bradley Birth Method, Lauren \*September 7-November 23. Registration required.

### Wednesday

- 9:30-11:00 am Moderate Warm Vinyasa, Elaine
- 11:30am-1:00pm Prenatal Yoga, Karen
- 4:00-5:00 pm Deaf Yoga, Cheryl \*September 22-November 10. Registration required.
- 5:30 pm-9:00 pm Writing Through the Dimensions of Being: Yoga for Writers, Aggie \*July 14-September 1. Registration is required.
- 7:30-9:00 pm Prenatal Yoga, Karen

### Thursday

- 7:00-8:30 am Everybody, Rise and Shine! (Flow), Lora \* July 22-August 12. Drop-ins \$15.
- 9:30-11:00 am Basic Heated Vini Yoga Vinyasa, Angela
- 5:30-7:00 pm Gentle Vini Yoga, Karen
- 5:30-7:00 pm Basic Warm Vinyasa, Tara
- 7:15 pm-8:30 pm Yoga for Runners, Tara \*September 9-October 14. Registration is required.

### Friday

- 9:30-11:00 am Basic / Moderate Viniyoga, Karen

### Saturday

- 8:45-10:15 am Yoga in the Park: Basic Vinyasa, Angela \*Meet at Lippett Park (Blackstone Blvd & Hope St intersection). Weather permitting.
- 10:30 am-12:00 pm Prenatal Yoga, Karen
- 10:30 am-12:00 pm Yoga for Brand New Beginners: 5 Directions of Movement \*July 10-August 14. Drop-ins \$15.
- 12:30 pm-2:30 pm Parent Teen Yoga (9-12 yrs), Deirdre \*August 14. Registration required.
- 1:00 pm-3:30 pm Kundalini Yoga Workshop, Guruatma Singh Khalsa \*September 25. Registration is required.
- 1:30 pm-2:30 pm Mom and Baby Yoga, Karen \*July 24-August 21. Drop-ins \$15.

## Workshops

Email Info@BreathingTimeYoga.com or call (401)421-9876 to register for workshops!

### Parent Teen Yoga with Deirdre Murphy

Stay connected to your teen! This class will get you to hang out with your growing little adult. Give your teen a place to alleviate stress, encourage focus and love their body and mind. Same benefits for the parent. All levels welcome. The adult doesn't have to be a parent; you can be an aunt/uncle, grandparent, mentor, etc.

Ages 12-18 12:30 PM - 2:30 PM Saturday, August 14th  
Ages 9-12 3:30 PM - 5:30 PM Saturday, August 14th  
\$30 per pair. Only \$25 when you register by July 31st.  
\*Registration is required.

### Deaf Yoga with Cheryl Hollingworth

A visual yoga class presented in ASL. Come and step into the beautifully expressive and meditative approach to yoga. No sign language experience is necessary.

Wednesdays 4:00 PM - 5:00 PM  
September 22, 29, October 6, 13, 20, 27, November 3, & 10  
Registration is required for this 8 week series.

### Kundalini Yoga Workshop with Guruatma Singh Khalsa

Learn how to clear your chakras using Kundalini Yoga from Guruatma, an international teacher who has been teaching Yoga for over 30 years. Chakras are focal points of energy that have a direct, immediate, and profound effect on our daily lives. When the chakras are balanced you become empowered, enabling you to be a compassionate, conscious, and capable human being. This workshop will integrate movement with breathing to clear the chakras and to facilitate a state of deep meditation.

Saturday 1:00 PM - 3:30 PM, September 25 2010.  
Registration is required.

### Yoga for Runners with Tara Comer

Whether you want to run a marathon or around the block this yoga class will get you race ready. Learn practices from Tara Comer that will stabilize, strengthen, stretch, and restore your body and mind. Tara is a Registered Yoga Teacher, USA Triathlon coach, and Triathlete.

Thursdays 7:15 pm - 8:30 pm  
September 9, 16, 23, 30, October 7, & 14  
Registration is required for this 6 week series.

## Which type of yoga is right for me?

- Basic Yoga *If you are just getting started.*
- Moderate Yoga *If you want to move beyond the basics.*
- Vinyasa Yoga *If you like to work hard and sweat.*
- Gentle Yoga *If you like to deeply relax, moving slowly to meet your needs.*

## To Start, Come To Any Class:

- Show up 10 minutes early to meet your teacher and get oriented.
- Wear clothes you can move in.
- Don't come on a full stomach, it can be uncomfortable.
- Fees include use of mat and props.

## New Student Special

Available only on your first visit.  
2 weeks of unlimited yoga for \$40.

## Open Enrollment

Open enrollment means you can come to any weekly scheduled yoga and zumba class. You can start at any time.

- 8 classes in 3 months \$96
- 20 classes in 3 months \$200

## Drop in rate

For weekly scheduled yoga classes  
• \$15 for a single class, any time.

## Personal Yoga & Yoga Therapy

One-on-one yoga with the goal of teaching you the practices that meet your needs and interests. Sliding scale makes this accessible to all. Please call Karen Lee at 401-421-9876 to find out how personal practice can work for you.

## Affordable ChildCare

Yoga can help caregivers of children find an island of quiet bliss, while getting stronger, more limber, and more centered. Parents will be able to take a 90-minute yoga class while knowing their little ones are right next door with another mom, doing fun and creative activities. Participating children must be no older than 10 years of age.  
Mondays 9:30-11:00 am - Moderate Heated Vinyasa  
\$0 = Earn one free yoga class for each childcare group you lead  
\$5 = Single child care session.  
\$15 = Single drop-in class  
\$20 = Four-pack of childcare slots in 6 week