

# THE RALEIGH YOGA CENTER

www.raleighyoga.com



## Hatha Yoga Instruction SUMMER SCHEDULE



June 20 through September 3, 2010

Introduction to Yoga

Sunday 6:45 - 8:15 pm Kirsten

Ongoing Level I

Monday 6:00 - 7:30 pm Jane  
Tuesday 10:30 - 12:00 pm Jane  
Thursday 6:30 - 8:00 pm Chris  
Friday 10:30 - 12:00 pm Jane  
Sunday 5:00 - 6:30 pm Kirsten

Ongoing Level I/II

Tuesday 6:45 - 8:15 pm Jane

Ongoing Level II

Thursday 10:00 - 11:30 am Jane FULL

**FREE INTRODUCTORY CLASSES:** Free classes will be held during the first two weeks of the session for those who have never studied with us before. Space is limited' so you will need to call and reserve a spot in one of our regularly scheduled classes.

**Location:** All classes are held at the Raleigh Yoga Center near Cameron Village: 619 Oberlin Road (Burnie Batchelor building) **Phone: 919 856-1390**

**Fees:** \$130 for the ten week session (\$150 if **received** after 2pm' 6/14/10)  
Late registrations will be prorated at \$15/week through the 5th week.  
Drop-ins at appropriate level are \$17 (space permitting) if you have completed that level class and have permission from the teacher.

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**Christopher A. Moore, RN, E-RYT 500** is the founder and director of the Raleigh Yoga Center. He has been a health professional since 1965' a yoga student since 1975' and a teacher since 1983. Strongly influenced in style by B.K.S. Iyengar and many of his senior teachers' his gentle but firm approach will aid you in developing a balance of strength and flexibility' improved health and posture' and the development of self awareness.

**Jane Barrett, E-RYT 500** has been teaching public' private and corporate yoga classes since 1979. She is a licensed educator with a B.S. in Social Sciences and Master studies in Learning Disabilities. A founding member of the Yoga Teachers Association of New York' she is also an active member of the Iyengar Yoga Associations of Greater New York and the Southeast and the International Dance and Fitness Association. Jane continuously studies with nationally known Iyengar teachers and brings to her own classes her experience' heart' and sense of humor.