

**THE OM CENTER FOR YOGA & MASSAGE**  
**JULY CALENDAR OF EVENTS**  
**[www.noplacelikeomcenter.com](http://www.noplacelikeomcenter.com) for more info**

**Monday:**

**5:00-6:00PM:** Gentle Yoga & Meditation (Claudette)

**7:00-8:00PM:** Power Vinyasa (Alex)

**Tuesday:**

**9:30-10:30am:** Gentle Vinyasa (Jess)

**5:30-6:30pm:** Peaceful Yoga Flow (Jimmy)

**7:00-8:00pm:** Outdoor Sunset Vinyasa (Patty)

*(Weather permitting, class held inside during rain, thunder, or extreme heat)*

**WEDNESDAY:**

**9:30-10:30am:** Gentle Yoga & Meditation (Jackie)

**5:30-6:30pm:** All Level Vinyasa (Jess)

**6:45-7:45pm:** Ab-solute Core Yoga (Jess)

*(Vinyasa that emphasizes the use, strengthening and toning of the core body)*

**THURSDAY:**

**9:30-10:30am:** Gentle Vinyasa (Jess)

**5:00-6:00pm:** Gentle Yoga Sculpt (Claudette)

**6:45-7:45pm:** Flow and Restore Vinyasa (Nicole)

**FRIDAY:**

**9:30-10:30am:** Vinyasa (Jess)

**SATURDAY:**

**8:00-9:00am:** Outdoor Summer Flow (Jess)

**9:30-10:30am:** Power Vinyasa (Alex)

**SUNDAY:**

**9:30-10:45am:** \$10 Karma Class- Gentle Vinyasa Flow (Rotating Teachers)

*(Proceeds go to The Lee Project (LIVE EVERY EXPERIENCE), a scholarship fund that offers scholarships to students at Om looking to further their education in all areas of wellness)*

**WE ARE CLOSED SATURDAY JULY 5<sup>th</sup> IN OBSERVANCE OF THE HOLIDAY**

Drop In Class: \$12

Kid's Yoga: \$15

5 Class Card: \$55

12 Class Card: \$120

Unlimited Month: \$100

New Student Unlimited Month: \$40

1 Year Monthly Unlimited: \$70/Month (1 Year Commitment)

*\*Yoga is subject to 6.35% sales tax*

**GENTLE YOGA-** All level class suitable for beginners

**Power Vinyasa-** This class can really be an all level practice if you listen to your body and take variations that serve you. The power class will make you sweat and give you lots of movement to build strength and endurance.

**VINYASA & YOGA FLOW-** All level practice. As with any practice there are modifications, so you may take this class as a beginner.

**Heated Yoga:** Heated Gently to about 85 degrees. Not for the beginner or anyone with a heart condition or who gets overheated or dizzy easily. Don't forget your water!

**KUNDALINI:** Brings together music, meditation, chanting, and movement. This class is a great workout and much different than the traditional kinds of yoga you might be used to. "It is an experience!"

**YOGA SCULPT:** A combination of strength training, yoga, core strengthening and more. Great workout for any level.

**OUTDOOR SUNSET YOGA:** This class takes place on our lovely outdoor patio. Class will be held indoors during rain, lightening, or extreme heat.

**RESTORE AND FLOW:** This is an all-level Vinyasa practice that ends with 10 minutes of restorative postures before savasana. Great way to build heat and find deep relaxation all in the same practice!

### ***Workshop and Special Classes on the Horizon***

#### **200 Hour Yoga Teacher Certification, Cabuya Costa Rica**

August 3<sup>rd</sup>-23<sup>rd</sup> 2014

This information packed 3 week intensive yoga teacher training takes place at the incredible Sanctuary at Two Rivers in Cabuya Costa Rica. In this Yoga Alliance approved program, students will learn and full-fill all requirements in the practice and implementation of asana, history and philosophy, meditation, anatomy and physiology, ethical practices of being a yoga teacher and more. Students will receive a 200 hour yoga teacher training certificate that will allow them to then register with Yoga Alliance.

Includes a 3 week stay at The Sanctuary in one of its out of this world tree houses, 3 gourmet vegetarian meals a day, access to the grounds including swimming pool, spa, hiking, waterfalls, swimming holes and more, 1000 yard walk to the beach and access to local area excursions like surfing, shopping, zip lining and more.

#### **Prenatal Yoga Teacher Training**

Weekend 1: August 8-10

Weekend 2: September 26-28

Days/Times: Friday 4-9 Pm, Saturday and Sunday 8 am-8 pm

Overview of Specialty, Birth in the USA, Modifications in traditional classes, Knowing Your Students, Creating a Class and outlines, Yoga Postures for all trimesters and postpartum, Pranayama, Meditation, Eastern and Western A& P, Common Issues in pregnancy, Nutrition and how it effects Pregnancy, Business of Teaching Prenatal Yoga, and Ethics of a Yoga Instructor

**For pricing and more information visit  
[www.noplacelikeomcenter.com](http://www.noplacelikeomcenter.com)**