



Studio 34

YOGA • HEALING • ARTS

January 2012 Class Schedule

4522 Baltimore Ave • 215-387-3434 • www.studio34yoga.com

Please see our website for class descriptions and updates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Vinyasa All Levels Jessica 8:30–9:45 am	↓ NEW CLASS ↓ Align and Flow* Morgan 7–8:15 am \$6		Forrest-Inspired* Morgan 7–8:15 am \$6		
			↓ RESUMES JAN 18 ↓			
Forrest Level I/II various 10 am–Noon			Juega Y Baila for children ages 1-4 w/Marion, 9-9:45 am			Forrest All Levels Jason 9–10:30 am
Kundalini Yoga Portia/Anandamayi 10:30 am–Noon	Very Beginner Yoga* Jadee (b) 10–11:15 am \$6		Very Beginner Yoga* Jason (b) 10–11:15 am \$6		Vinyasa Julia H 10–11:30 am	Hatha Yoga Nicole (b) 10–11:30 am
	↓ KIDS SERIES ↓					
Contact Improv various 12:30–2:30 pm	• Kids Yoga: Age 4-6 with Lily 3:45–4:30 pm • Kids Yoga: Age 7-12 with Lily 4:45–5:30 pm Series runs 1/23–2/27	Honey Sweet Flow (Vinyasa/Yin Yoga) Julia H Noon–1:30 pm				Pilates Julia N 11:45–12:45 pm
African Dance w/Live Drumming Anssumane 3–4:30 pm	DROP-INS WELCOME!		Vinyasa Jessica 5:45–7:15 pm			Vinyasa All Levels Brittany 4–5:30 pm
	Pilates Julia N 6:15–7:15 pm	Restorative Yoga Julia H (b) 5:45–7:15 pm	Forrest Yoga Basics Morgan (b) 6–7:30 pm	Forrest Level I/II* Stephen 6–7:30 pm Pay What You Can	Forrest All Levels* Morgan 5:30–6:45 pm Pay What You Can	
			↓ NEW 10-WEEK SERIES ↓			
Gentle Vinyasa Nicole T (b) 6–7:30 pm	Forrest Basics/Level I Stephen 7–8:30 pm	Forrest-Inspired I/II Angie 7:00–8:45 pm	Tai Chi runs 1/4–3/7 with Vicki 7:30–8:30 pm	Restorative Yoga Julia H (b) 7:45–9:15 pm	<p>At Studio 34, we believe that everyone should have access to yoga and have priced our classes accordingly:</p> <ul style="list-style-type: none"> • Classes are \$10 *except where otherwise noted (\$6 or pay-what-you-can) • Monthly Unlimited or 10-Class Cards are \$95 (\$90 for students and seniors) • New Student Special: \$45 for one month unlimited classes. 	
		↓ NEW DROP-IN CLASS ↓	Vinyasa Brittany 7:45–9:15 pm			
		Hoop Dancing through 1/31 with Jen 7:30–8:30 pm NEW SERIES IN FEBRUARY				

All classes are drop-in—no need to pre-register. Studio 34 provides mats, props and filtered water free of charge. Classes marked with a (b) are ideal for beginners.

Community Lounge open hours: Monday-Thursday 10am–8pm, Fridays 10am–6pm, Saturdays & Sundays 10am–4pm.

For all other classes, our door opens 15 minutes prior to start of class and locks once class begins. We are also open for events.