

Please visit our website www.UrbanLilyYoga.com for the most up - to - date teachers & class schedule
CLASS SCHEDULE EFFECTIVE JANUARY 9, 2012

MONDAY

6:15 - 7:15 AM Rise & Energize: Yoga Blend Levels 1 & 1-2
7:30 - 8:45 AM Yoga Blend & Flow Level 1-2
9:05 - 10:30 AM Vinyasa Flow Level 2-3
10:35 - 12:00 PM Yoga Blend Level 1
12:15 - 1:30 PM Pre & Postnatal (Babies Welcome)
2:30 - 4:00 PM Gentle & Therapeutics Level 1 (CC)
4:30 - 5:55 PM Yoga Blend Level 2
6:05 - 7:25 PM Yoga Blend Level 1
7:35 - 9:00 PM Yoga for Stress Relief

TUESDAY

7:30 - 8:55 AM Vinyasa Flow Level 2-3
9:00 - 10:15 AM Yoga Blend Level 1
10:35 - 12:05 PM Vinyasa Flow Level 2-3
12:30 - 1:35 PM Prenatal
4:30 - 5:55 PM Classical Yoga Level 1 (CC)
6:05 - 7:25 PM Yoga Blend Level 1-2
7:35 - 9:00 PM Yoga Blend Level 1

WEDNESDAY

6:15 - 7:15 AM Rise & Energize: Yoga Blend Levels 1 & 1-2
7:30 - 8:45 AM Yoga Blend & Flow Level 1-2
9:05 - 10:30 AM Vinyasa Flow Level 2-3
10:35 - 12:00 PM Yoga Blend Level 1
12:15 - 1:30 PM Pre & Postnatal (Babies Welcome)
2:30 - 4:00 PM Gentle & Therapeutics Level 1 (CC)
4:30 - 5:55 PM Yoga Blend Level 2
6:05 - 7:25 PM Yoga Blend Level 1
7:35 - 9:00 PM CORE Vinyasa Flow Level 2

THURSDAY

7:30 - 8:55 AM Vinyasa Flow Level 2-3
9:00 - 10:15 AM Yoga Blend Level 1
10:35 - 12:05 PM Vinyasa Flow Level 2-3
12:30 - 1:35 PM Prenatal
4:30 - 5:55 PM Classical Yoga Level 1 (CC)
6:05 - 7:25 PM Yoga Blend Level 1-2
7:35 - 9:00 PM Yoga Blend Level 1

LEGEND:

(CC): Community Class

••• Yoga Mat Rental: \$1.00 •••

••• Water: Free & Filtered! ••• GO GREEN •••

**(please bring your clean canteen...
We don't use paper cups in studio.)**

FRIDAY

6:15 - 7:15 AM Rise & Energize: Yoga Blend Levels 1 & 1-2
7:30 - 8:45 AM Yoga Blend & Flow Level 1-2
9:05 - 10:30 AM Vinyasa Flow Level 2-3
10:35 - 12:00 PM Yoga Blend Level 1
12:15 - 1:30 PM Pre & Postnatal (Babies Welcome)
2:30 - 4:00 PM Gentle & Therapeutics Level 1 (CC)
4:30 - 5:55 PM Yoga Blend Level 2
6:05 - 7:25 PM Yoga Blend Level 1
7:35 - 9:00 PM CORE Vinyasa Flow Level 2

SATURDAY

7:30 - 8:55 AM Yoga Blend Level 2
9:05 - 10:30 AM Yoga Blend & Flow Level 1-2
10:35 - 12:05 PM Vinyasa Flow Level 2-3
3:30 - 4:55 PM Yoga Blend Level 1
5:00 - 6:25 PM Restoratives: Relax & Renew

SUNDAY

7:30 - 8:55 AM Yoga Blend Level 1-2 (Basics & Foundation)
9:05 - 10:30 AM Yoga Blend & Flow Level 1-2
10:35 - 12:05 PM Vinyasa Flow Level 2-3
2:30 - 3:55 PM Yoga Blend Level 1
4:00 - 5:25 PM Yoga Blend Level 1-2
5:30 - 6:55 PM Restoratives: Relax & Renew

••• Class Prices & Packages •••

SINGLES:

Single Class: \$17.00

KCRW Discounted Single Class: \$14.00

Community Single Class*: \$12.00 (Only good for community classes)

Yoga for Kids Single Class: \$12.00 (Only good for yoga for kids classes)

PACKAGES*:**

NEW STUDENT SPECIAL: 10 Classes for \$100.00

••• Valid to ALL New Students their FIRST Visit to Urban Lily!

••• That's \$10.00 a class and good for any class for a full YEAR!

5 Class Package: \$75.00 (\$15.00 per class)

10 Class Package: \$140.00 (\$14.00 per class)

15 Class Package: \$195.00 (\$13.00 per class)

20 Class Package: \$240.00 (\$12.00 per class)

10 Class Community Package*: \$100.00 •••

••• (\$10.00 per class & only good for community classes)

10 Class Yoga for Kids Package: \$100.00 •••

••• (\$10.00 per class and only good for yoga for kids classes)

UNLIMITED:

One Month Unlimited: \$165.00

6 Month Unlimited: \$800.00

1 Year Unlimited: \$1,350

Auto-Renew Monthly Unlimited: \$125.00**

*(Community classes are offered at off-peak times of day at a discount.)

** (A month, and a SIX MONTH commitment is required.)

This is a Contract Membership.)

*** (All class packages are non-refundable, and non-transferrable.)

*** (ALL Class Packages EXPIRE 1 year from date of purchase.)



14106 MAGNOLIA BLVD.
SHERMAN OAKS CA 91423

www.UrbanLilyYoga.com Email: Info@UrbanLilyYoga.com

{ Blossom where you're grounded }

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LEVEL 1:

Discover and build a strong foundation from which to build the rest of your practice from. Our Beginner classes are foundational, learning experiences where students re-discover and inquire as to how their individual body moves, works, and creates stability. All Beginner classes are designed to give you the time and support to understand the proper alignment of Yoga asanas (postures) and breathing techniques. You will begin by focusing on the basics, and as you move beyond the basics you take with you this strong foundation. Our level 1 teacher's are skilled at guiding students through proper alignment, and at teaching the fundamentals of proper yogic breathing. It is in level 1 that confidence is created, and a sense of empowerment and freedom in the body, that ultimately leads us on the path to freedom in the mind is created.

LEVEL 1-2:

Explore beyond the foundation, cultivating balance between strength and flexibility. As students enter into level 1-2 the fundamentals of yoga are still emphasized, while new postures that focus on balance, longer holds, and varied engaging sequences present growth and continual learning that feeds upon the foundation already built. Our level 1-2 classes create and hold the space for further awareness in the mind and body, serving to lead students in new and exciting challenges, guiding them safely and effectively.

LEVEL 2:

Experience the union of opposites, strength and stability, rooting and rebounding. Our Level 2 classes are designed to take you to the intermediate level where you will expand on your strength, stamina and flexibility as you explore new and challenging postures (inversions, backbends) and more demanding sequences. Level 2 classes will help you take your practice to a whole new level.

LEVEL 2-3:

Expand the limits and edges of your physical body and yoga practice. Our Level 2-3 classes assume that students are familiar with intermediate yoga postures (including inversions and backbends). Intermediate postures will deepen into variations of familiar inversions introduced in level 2. A foundation for advancing arm balances and inversion variations are explored. In our level 2-3 classes students move past the shell of the pose and move to the depth of the pose. Students cultivate deepened awareness through the concentration (dharana) created with mindful vinyasa flow. We recommend you have prior yoga experience, and a strong foundation before you join 2-3 classes. Level 2-3 classes are transformative, and powerful.

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Urban Lily Yoga© "Blossom where you're grounded™", the yoga wellness center of the valley, is open to the public offering its powerful blend of traditional and progressive yogic practices, with a philosophy that is both contemporary and timeless. Our center offers yoga as it is meant to be, a practice that uncovers your true nature.

Yoga is the possibility of growth. A practice, a seed if you will, which contains within it a miraculous blueprint of an astonishing life that can emerge and come into being through the everyday mindfulness of yoga leading to an intuitive illumination of consciousness which blossoms forth in the form of health, vitality and happiness. May we all have room to blossom with the infinite beauty of our true nature.

Our mission is to embrace our students' personal growth, fulfillment, and well being through effective teaching, compassion, light-heartedness, and respect. We offer the highest quality program for persons of all ages and walks of life. We listen to and respect our students, their lives, and our planet as a whole.

Urban Lily Yoga believes in greening our studio as well as our planet and lives. In working not only with ourselves, but our community to improve each others' lives and our planet. We believe in striving to support each other in our personal growth through our yogic transformation and journey. We believe that the efforts made on the part of others has a positive effect on our own lives, and that the art and discipline of yoga serves as a design for our whole life. We believe that yoga is for everyone, that it transforms everyone, and that yoga is for YOU.