

Devanadi

day-vah • nah-dee  
= Sacred Rivers

# DEVANADI YOGA Studio

Located in LINDEN HILLS: 2822 W. 43rd St. MPLS 55410 (cottage in back, next to Dunn Bros)

## FALL Class SCHEDULE: Sat, Sept 17 - Sun, Dec 18, 2011

Schedule Updated: Oct 9, 2011 - See our website for the most up-to-date schedule - print schedule is subject to change.

Start Anytime - Drop-ins welcome! See website schedule for updates.

SUNDAY	LEVEL	CLASS NAME - Sept 18 - Dec 18 (13 weeks - no class 11/27)	TEACHER
9:30 - 10:45am	1-2	Advanced Beginners Yoga	Juliet
11:00 - 12:30pm	2	<b>NEW!</b> Inner Fire Vinyasa	Juliet
7:00 - 8:15pm	1-2	<b>NEW!</b> Slow Flow Vinyasa	Julie
MONDAY	LEVEL	CLASS NAME - Sept 19 - Dec 12 (13 weeks)	TEACHER
9:30 - 10:15am	All	<b>NEW!</b> Pranayama & Meditation - \$130 or \$12 to drop in	Tanya
10:30 - 12:00pm	2-3	ParaYoga®: Vinyasa Krama: Mindful & Therapeutic Sequencing (Slow Flow)	Tanya
4:45 - 5:45pm	2	<b>NEW!</b> Slow Flow Vinyasa	Julie
6:00 - 7:15pm	1	Beginning Yoga	Wendy
7:30 - 8:45pm	1-2	Advanced Beginners Yoga	Anna
TUESDAY	LEVEL	CLASS NAME - Sept 20 - Dec 13 (13 weeks)	TEACHER
7:00 - 7:45am	All	<b>NEW!</b> Pranayama & Meditation - \$130 or \$12 to drop in	Tanya
9:30 - 2:30pm	-	200 hour Teacher Training & Intensive: Sept 28 - April 17, 2012	Various
6:00 - 7:15pm	2-3	ParaYoga®: Yoga & Ayurveda (Inner Fire Vinyasa)	Tanya
7:30 - 8:45pm	2	Inner Fire Vinyasa	Amy H
WEDNESDAY	LEVEL	CLASS NAME - Sept 21 - Dec 14 (13 weeks)	TEACHER
8:30 - 10:00am	1-2	Advanced Beginners Yoga	Ann
9:00 - 3:00pm	-	500 hour Advanced Teacher Training & Intensive: Sept 21 - May 30, 2012	Various
10:15 - 11:30am	2	Yin/Yang Yoga	Shelly
12:00 - 1:15pm	2	<b>NEW!</b> Inner Fire Vinyasa	Jessica
6:00 - 7:15pm	1-2	Advanced Beginners Yoga	Nyssa
7:30 - 8:45pm	2	<b>NEW!</b> Slow Flow Vinyasa	Amanda
THURSDAY	LEVEL	CLASS NAME - Sept 22 - Dec 15 (12 wks - no class Thanksgiving, 11/24)	TEACHER
7:00 - 7:45am	All	Pranayama & Meditation* - \$120 or \$12 to drop in	Laurie
9:00 - 10:15am	All	Gentle Yoga	Ann
10:30 - 11:45am	1	<b>NEW!</b> Beginning Yoga	Lil
12:00 - 1:15pm	1	Beginning Yoga	Shelly
5:00 - 6:15pm	1-2	<b>NEW!</b> Advanced Beginners Yoga	Laurie
6:30 - 7:45pm	2	Viniyoga	Laurie
8:00 - 8:45pm	All	Pranayama & Meditation	Paul
FRIDAY	LEVEL	CLASS NAME - Sept 23 - Dec 16 (12 weeks - no class 11/25)	TEACHER
7:00 - 7:45am	All	Pranayama & Meditation* - \$120 or \$12 to drop in	Laurie
9:30 - 11:00am	2-3	ParaYoga®: The Bhagavad Gita & Asana (Inner Fire Vinyasa)	Tanya
4:30 - 5:45pm	2	Inner Fire Vinyasa	Neha
SATURDAY	LEVEL	CLASS NAME - Sept 17 - Dec 17 (13 weeks - no class 11/26)	TEACHER
9:00 - 10:15am	All	Inner Fire Vinyasa	Amy
10:30 - 11:45am	1	Beginning Yoga	Amy

\* = TYB Location (Thai Yoga Bodywork) - Upstairs in Suite 201 in the house in FRONT of Devanadi Yoga Studio

### DROP-IN Class PRICES:

Single Class = \$16

Student/Senior 60+ /Yoga Teacher/Vet = \$12

Pranayama/Meditation = \$12 /\$5

**CLASS PASSES\*:** Good for 3 months from date of purchase - NO EXCEPTIONS!

5 Class Pass: \$75

10 Class Pass: \$130

20 Class Pass: \$220

**DISCOUNT PASSES for Students/Seniors 60+ /Yoga Teachers/Vets\*:**

Good for 3 months from date of purchase - NO EXCEPTIONS!

10 Discount Class Pass: \$110

20 Discount Class Pass: \$200

**\*Pass & Make-Up Policy:** You may share a Class Pass with another person (note name at the time of purchase) and/or bring others to class with your pass. Session Make-ups can be done in ANY class as long as you do so within the session, or bring a friend to class. We want you to do YOGA, and bring those who want to do yoga with you. ~Namaste

### Upcoming TRAININGS

Reiki I: Nov 6, 12-6pm

Reiki II: Nov 20, 12-6pm

TYB Level 1: Oct 29 - Nov 1

TYB Level 2: Nov 2-5

TYB Level 3: Dec 8-11

### Ayurvedic Yoga Specialist Training:

Starts April 2012

### One-on-One Wellness Therapies:

Thai Yoga Bodywork

Energy Work (Healing Touch, Reiki)

Wellness Coaching

Integrative Yoga Therapy

Ayurveda

Yoga Privates & Meditation Training

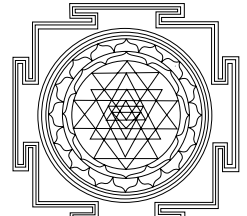
~See website for details~

REGISTER ONLINE or more info:

www.devanadiyoga.com | register@devanadiyoga.com | 612.926.8250

# Upcoming WORKSHOPS

See website for all descriptions



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## GUEST TEACHER: Dr Indu Arora: Oct 18 + Oct 20-23 Ayurveda & Yoga Workshops + Individual Ayurvedic Consultations

Therapeutic Hand Mudras | Yoga & Marma Points Practice Session & Workshop | Pranayama  
TEACHER TRAINING | Yoga for Doshas: Practice Session | Yoga Therapy for Spine  
**All Details Online** - Plus don't miss Dr. Indu Arora's amazing consultations

### Monthly Chanting Class - \$16 or use your Class Pass for a reduced rate

Friday, Oct 14 | 6:00 - 7:30pm | Margie Weaver

### Intro Thai Yoga Bodywork

Saturday, Oct 15 | 9-12pm | \$45 per person | Tanya Boigenzahn Sowards

**Special Location:** LHSC - 4401 Upton Ave. S, MPLS MN 55410

### FREE Intro to Yoga Workshop

Sunday, Oct 16 | 3:30 - 4:30pm | \$FREE! | Amanda Brink

### Fall Wellness Coaching & Yoga Workshop

Sun, Oct 16 | 1:00-2:30pm | \$20 | Amy Rieder, MA, RYT, Certified Wellness Coach

### 4 Week Wellness Coaching Workshop - Healthy Eating

4 Mondays, Oct 17 - Nov 14 (no class Halloween) | 7-8pm | \$60 | Amy Rieder

### FREE Intro to Meditation Workshop

Sunday, Oct 23 | 1-2pm | \$FREE! | Lisa Puklich

### Monthly Restorative Yoga Workshop: Harvest Your Energy for Well Being

Sunday, Oct 23 | 4-5:30pm | \$20 | Ginny

### Thai Yoga Bodywork for Couples Workshop - \*Yogi Date Night!\*

Friday, Oct 28 | 6-8pm | \$50 per couple | Tanya Sowards

### Thai Yoga Bodywork Trainings: Level 1: Oct 29 - Nov 1 | Level 2: Nov 2-5

### Monthly Chanting Class - \$16 or use your Class Pass for a reduced rate

Friday, Nov 11 | 6:00 - 7:30pm | Margie Weaver

### Yoga Therapy for Vishuddha Chakra - Connect with Your Truth

Sunday, Nov 13 | 4-6pm | \$30 | Danielle De Pillis

### FIRE ELEMENT: Yin Yoga for Creativity & Connection

Sunday, Nov 20 | 1:30-3:30pm | \$30 | Shelly Shern

### Thai Yoga Bodywork Training: Level 3: Dec 8-11

## GUEST TEACHER:

**Bernie Rosen,**  
PhD Holistic Nutrition

### 1) Holistic Nutrition for Yogis Workshop

Sunday, November 20 | 12:00 - 3:00pm

\$60 (\$70 after Oct 20) or take Parts 1 & 2 for \$108  
(\$125 after Oct 20)

Learn the basics of nutrition - what to eat and why. Discover the core nutrients - protein, fat, carbohydrates, vitamins, minerals, and water - and why they are important. This information will aid you in making better choices. You'll leave with food shopping lists, ideas for healthy meals, a step by step transition to a healthier diet, and a sample week of healthy eating.

### 2) Nutritional Anatomy for Yogis Workshop

Sunday, November 20 | 3:30 - 6:30pm

\$60 (\$70 after Oct 20) or take Parts 1 & 2 for \$108  
(\$125 after Oct 20)

Taught from a holistic and yogic point of view, learn how to use nutrition to address common ailments and symptoms that people suffer from. Includes: digestive problems (acid reflux, gas, bloating, constipation, diarrhea), aches & pains, inflammation, blood sugar, high cholesterol, fatigue, stress, emotional issues (anxiety, depression, mood swings, PMS), and hormones.

### Holistic Nutrition & Nutritional Anatomy for Yogis

(Repeat of above but offered in a daytime workshop)

Tuesday, November 22 | 9:30 - 2:30pm

\$108 (\$125 after Oct 20)

### Private Holistic Nutrition Consultations

Monday, November 21

Appts: email [register@devanadiyoga.com](mailto:register@devanadiyoga.com)

## REGISTER ONLINE or for MORE INFO:

[www.devanadiyoga.com](http://www.devanadiyoga.com) | [register@devanadiyoga.com](mailto:register@devanadiyoga.com) | 612.926.8250

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Ample parking on street and in local lots