



11011 Shaenfield Road, 78254 ~ Office 210-523-SAYC, (7292) or Cell: 210-325-6318



June 2014

San Antonio Yoga Center Class Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 pm Level 1 Beginner with David	6:30-7:30 pm Level 2 Experienced Beginner with David 7:00-8:00 pm Power Yoga with Christine	10:00-11:00 am Morning Hatha/All Levels with Randy 4:30-5:30 pm Family Yoga with Lisa 6:00-7:00 pm Women's Hatha/All levels with Randy 7:30-8:30 pm Stretch and Renew Yoga with Lisa	6:30-7:30 pm Level 2 Experienced Beginner with David 7:30-8:45 pm Kundalini and Meditation with Norma/Jiwan	9:30-11:00 am Gentle Yoga with Patricia 10:30-11:45 am Prenatal Yoga with Norma 6:00-7:30 pm Level 3 Yoga with David	9:30-11:00 am Restorative Yoga with Christine	9:00-10:00 am Level 1 Beginner with David 6:30-7:45 pm Vinyasa Flow with Lisa

*Private lessons: To work on specific goals, you may schedule a private lesson. Please call the office for a time and date.

Yogis,

Time passes so quickly! It is hard to believe, but it has been one full year since San Antonio Yoga moved from our Helotes studio to the new San Antonio Yoga Center on Shaenfield Road. What an incredible journey it has been! Looking back, we are overjoyed about the progress we have made in such a short time, and looking forward, we are excited about our plans for the future. We thank those of you who have followed us to our new home, and we welcome the many new students who have joined our yoga community. Our Shaenfield Road location has provided the space we need to add new programs, classes, and workshops. And, we are pleased to have a yoga and massage therapist at the center. We hope you are enjoying your yoga practice at San Antonio Yoga Center and hope you continue to journey with us as the years pass! Namaste from David Gillis and Randy Mass (210-523-7292) randy@sanantonioyoga.com



Upcoming Events for June, July, August, and September:

David's Workshop Series: Deepen your asana yoga practice with David. Join him on Saturdays from 9:00-12:00 noon. Practices include: June 21 (Standing Poses), July 19 (Twists), August 16 (Inversions), and September 27 (Backbends). Cost \$50 per workshop.*

Prenatal Yoga: This Sacred Pregnancy Journey class brings back the age-old tradition of women holding space for each other during pregnancy and birth. During this 8 week class, we will discuss, create, draw, paint, and journal our way through the pregnancy experience. Practices take place on Mondays (June 16-August 4) from 7:00-9:00 pm. Cost: \$275.*

Yoga for Stress Management: Randy Maas presents this workshop to offer techniques and tools that help participants manage the stress in everyday life. Practice takes place July 20, 10:00-12:30 noon. The workshop includes a gentle yoga class, aromatherapy relaxation, handouts, and a lavender aromatherapy eye pillow. Cost: \$50.*

From India, Sri Arun: Sri Arun is the founder and principle instructor at the Preshant Yogashraya in Bangalore, India. His ability to connect with each individual student is his strength. Join him on July 30 from 9:30-11:30 am, OR from 6:30 – 8:30 pm. Cost: \$40.*

Hoopnotica with Hula Hoops: Taught by hula hoop dance instructor, Tara, you will learn the science and fun behind hula hoop dancing. Practice takes place on June 14, 10:00-12:00 noon. Cost: \$35.*

5 Week Beginner Workshop: This workshop with David includes instruction, a student folder, educational handouts, and a weekly home practice schedule. Cost: \$100.*

*See our website for class details and savings on early registration. www.sanantonioyogacenter.com

The mind is everything. What you think, you become. Buddha