



Special Series (Pre-registration Required)

Yoga Basics—Tuesdays 7-8:30pm

The ideal introduction to yoga. Learn basic poses and breathing techniques, giving you a foundation to build your practice upon. 4 week Series for \$50.

Prenatal Yoga—Sundays 1-2:30pm

Expectant Mothers, help yourself to be more comfortable throughout your pregnancy and prepare for childbirth. 4 week series for \$40. Single class \$15.

Kids Yoga—Thursdays 4pm—5pm

Ages 6-13 are invited for a fun class filled with movement, group activities, dance, music and song. \$30 for month or \$10 to drop in. Also, ask about Kids Camp in June!

Class Descriptions

Restorative Yoga—Support yourself with props to find gentle release in longer held postures. It's so Relaxing. Nightly night.

Yin Yoga—Long held postures stimulate connective tissues, encourage healthy joints, and draw the mind into a meditative state.

Gentle Yoga—Focus on breath while releasing tension. This is a great place for beginners to start building strength and is also beneficial for more advanced practitioners.

Integral Yoga Hatha— Each class incorporates postures, deep relaxation, breathing practices, and meditation that result in a profound experience of peace and well-being.

Gentle Flow— A sweet, gentle flow appropriate for all levels, including beginners looking for a little challenge.

Vinyasa Flow—This challenging flow yoga class will help you find a balance of strength and flexibility. Be prepared to work hard and rest well.

Core Correct—Core strength is a vital part of staying healthy and preventing injury throughout our lifetime. This vinyasa flow class will develop the core, helping to prevent back pain or injury.

Yoga Fusion—Combining Hatha yoga, pilates, martial arts and sports stretches for an effective workout.

Community—All Levels. Class Style and theme may vary. (\$5, or apply class package. Included with Unlimited Membership.)

Level 1 = Beginner, or All Levels
Level 2 = Intermediate Level 3 = Advanced

Ask about private and corporate group sessions.



Please call or email for more info

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Upstairs at the corner of
Santa Maria Way and Miller

November 2015 Schedule

Monday

5:45—6:45am	Core Correct 1-2	Jenya
8:30—9:45am	Yoga Groove 1	Nicole
5:30—7:00pm	Integral Yoga	Luana
7:15—8:30pm	Restorative 1	Luana

Tuesday

8:30—9:45am	Yoga Fusion 2	Marilyn
10:15—11:15am	Gentle Yoga 1	Rosanne
5:30—6:45pm	Core Correct 2	Nicole

Wednesday

5:45—6:45am	Gentle Yoga 1	Laura
8:30—9:45am	Gentle Yoga 1	Nicole
5:30—6:45pm	Gentle Flow 1-2	Laura
7:00—8:15pm	Restorative 1	Lynnette

Thursday

8:30—9:45am	Gentle Flow 1-2	Rosanne
10:15—11:15am	Gentle Yoga 1	Rosanne
5:30—6:45pm	Vinyasa 1-3	Tina
7:00—8:15pm	Yin Yoga 1	Tina

Friday

5:45—6:45am	Vinyasa Flow 2	Patricia/Nicole
8:30—9:45am	Gentle Yoga 1	Nicole

Saturday

8:30—9:45am	Gentle Yoga 1	Nicole/Tina
10:00—11:15am	Vinyasa Flow 1-3	Nicole/Tina

Sunday

9:00—10:00am	Community \$5	Jenya
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Pricing

New Student Special
5 Classes for \$40

Balanced Pricing Options—Auto-renew each month

4 Classes per Month—\$44
8 Classes per Month—\$76
12 Classes per Month—\$99
Unlimited Classes per Month—\$110

Traditional Packages—No Automatic Renewals

Single Drop-in—\$15
5 Class Package—\$60
10 Class Package—\$110
Packages are good for 1 year