

Marcee Gutman-Ballantyne's
Fountain of Health Yoga Studio

Exclusively featuring certified Anusara yoga instruction



653 So. Union Ave. Pueblo, CO 719-543-1765
www.gutyoga.com ▪ yogagypsee@comcast.net



Schedule*

Beginning April 1, 2011

MONDAY

Level 1-2	8:30 - 10:00 am	Marcee
Level 1-2	5:30 - 7:00 pm	Marcee
Level 1 Intro to Yoga	7:15 - 8:30 pm	Marcee

TUESDAY

Level 1	8:30 - 10:00 am	Nancy
Level 1-2-3 Vinyasa	5:30 - 7:00 pm	Marcee
Meditation	7:15 - 8:30 pm	Glenn

WEDNESDAY

Level 1-2	12:00 - 1:30 pm	Debi
Level 1	5:30 - 7:00 pm	Anne

THURSDAY

Level 1	8:30 - 10:00 am	Marcee
Level 1-2	5:30 - 7:00 pm	Marcee
Level 1 Restorative	7:15 - 8:30 pm	Marcee

FRIDAY

Level 1-2	8:30 - 10:00 am	Debi
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SATURDAY

Level 1-2	8:30 - 10:00 am	Anne or Nancy
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Level 1-2-3 Vinyasa, is inserted in the Saturday schedule but, you must call or visit our website to know which Saturdays each month will be Vinyasa.

SUNDAY

Level 1-2-3 Vinyasa	10:00 - 11:30 a.m.	Teachers Rotate
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One Saturday of the month is Kid's Yoga (ages 4-10) 10:30 - 11:30 am. Please call or visit website

***Check our website for additional classes that are not shown on this schedule.**

PRICING

Drop-in for 1 class	\$13.50
4 class punch card.....	\$51.25
10 class punch card.....	\$113.10
20 class punch card.....	\$169.90
Monthly unlimited.....	\$70.50
Golden Yogi (over 70 years old)	\$7.00 (any class)
Platinum Yogi (over 80 years old).....	FREE!
10% student discount with school I.D.	

- 4, 10 and 20 class punch cards expire after 3 months. Family members or guests may use punch cards. Punch cards are transferable. Class punch cards or monthly unlimited are non-refundable. Monthly-unlimited cards are non-transferable and cannot be used by any one other than the person whose name is on the card. Workshops are not included in this program.

★★★★ INTRODUCTORY SPECIAL ★★★★★

To introduce Fountain of Health Yoga Studio, local residents are invited to try as many yoga classes as they want for 7 days in a row for only \$15. This offer is for people who have never come to a class at the studio.

CLASS ETIQUETTE

- Please try to arrive 5-10 minutes before class starts
- If you must arrive late for class you are still welcome, but please enter quietly and wait until the instructor invites you to set up your mat and join the class
- Please turn off your cell phone and keep shoes off the maple wood floor
- Please be considerate of others with your personal hygiene (shauca)
- If you are coming down with or already have a cold or flu please come another time
- Be extra kind to our yoga valet 😊

Yoga mats, blankets, bolsters, belts and other props are provided. Please dress in comfortable clothing.

Level 1 is for beginners and students who need or prefer a gentle yoga class. Level 1 classes introduce you to Anusara Yoga and the traditional principles of body alignment, scientific breathing techniques, and

deep relaxation skills. These classes are geared toward mindful, slow and gentle stretching, emphasizing the value of breath while working with gentle variations and modifications to the full posture.

Level 1 Introduction to Yoga & Therapeutics: These classes are designed for beginners and experienced students who want to learn or review the fundamentals of Anusara Yoga. You will learn the basics of Anusara Yoga, and the unique elements of "The Universal Principles of Alignment". Using the Alignment Principles you will diminish or erase pain in your neck, shoulders, back, hips, knees, wrists, and feet. Scientific Yoga breathing techniques will also be taught in this class.

Level 1 Restorative: You will learn to use postures and breathing techniques that will deeply restore your energy and help you to release stress. Students with injuries and chronic pain will benefit greatly from this class.

Level 1 & 2 is for students who are able to take his or her yoga practice to a stronger degree. Beginners can start in these classes at any time if they are in fair to good physical condition. You are always encouraged to practice at your own pace. In level 1 & 2 classes Classical Hatha Yoga breathing techniques are emphasized and back bends and inversions such as head and shoulder stands are introduced.

Level 1-2-3 Vinyasa is for people who are comfortably experienced with their yoga postures. Beginners to yoga will be lost trying to participate in this class. Vinyasa is not a teaching class but a wonderful experience where we move along with the teacher from one posture to another without any break and without instruction. It is fun. It moves. It allows you to do the strongest yoga you want. NOTE: Level 1 student's can participate when they have attained a working knowledge of Anusara Yoga's Universal Principles of Alignment. Experienced level 1 students who know how to modify and prop their poses are invited to participate.

Meditation class is for everyone regardless of age, physical condition, experience or skill. Yoga meditation is the science of the soul and we use ancient and modern techniques and a peaceful environment to help us learn about ourselves. We use each other's spiritual vibrations and consistency to strengthen our own. We use the teaching of the great masters to guide us through the maze of life's questions and distractions.

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