

Barefoot Buddha Yoga Studio

2225 Colonial Ave in the Onex Bldg

814.838.0350

www.barefootbuddha.net



August 2008

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Karen Ducato RYT, Director
 Pat Clutter RYT ~ Hatha/Ashtanga
 Jill Murphy CYT
 Jen Coon CYT
 Mark Geritty CYT, Black Belt, Fitness Instructor
 Carolyn Halladay ~ Tai Ji

Terry Henry RYT
 Noreen Griffith CYT
 Julie Hersch CYT
 Gayle Winslow CYT
 Renee Hill CYT

ALL OF OUR INSTRUCTORS ARE "YOGAFIT"
 TRAINED ... (UNLESS OTHERWISE INDICATED)
 The worlds leading school of Yoga Instructor
 Training, incorporating the ancient practice of
 Yoga with Discoveries of Modern Medicine
 to provide You with a Safe, Effective and
 Enjoyable Mind/Body Practice

8:00am - 9:15am
****Multi-Level Yoga ~ Jill**
STUDIO CLOSED
INSTRUCTOR TRAINING

3	8:00 - 9:30 **Multi-Level Yoga ~ Julie 5:30 - 6:50pm **Multi-Level Yoga ~Gayle 7:00 - 8:30 ***Advanced Yoga ~ Jill	4	9:00 - 10:30AM **Multi-Level Yoga ~ Renee 5:30pm - 6:50pm CANCELLED 7:00pm - 8:30pm **Multi-Level Yoga ~Jen	5	8:00 - 9:30am **Multi-Level Yoga ~ Gayle 5:00 - 6:20pm **Multi-Level Yoga ~ Gayle 6:30 - 8:00pm **** Advanced ~ Jill	6	9 - 10:30 ~ Multi-Level Yoga Renee 12 - 1:30pm Level 1 ~ Gayle 5:30 - 6:30 Tai Ji ~ Carolyn 7:00 - 8:30pm ~ Advanced Yoga ~ Terry	7	8:00am - 9:15am **Multi-Level Yoga ~ Jill	8	8:00am - 9:15am **Multi-Level Yoga ~ Jill 9:30 - 11:00 **Multi-Level Yoga ~ Gayle	9
10	8:00 - 9:30 **Multi-Level Yoga ~ Gayle 5:30 - 6:50pm **Multi-Level Yoga ~Gayle 7:00 - 8:30 ***Advanced Yoga ~ Jill	11	9:00 - 10:30AM **Multi-Level Yoga ~ Renee 5:30pm - 6:50pm *Level 1 Yoga ~Noreen 7:00pm - 8:30pm **Multi-Level Yoga ~Jen	12	8:00 - 9:30am **Multi-Level Yoga ~ Gayle 5:00 - 6:20pm **Multi-Level Yoga ~ Renee 6:30 - 8:00pm **** Advanced ~ Terry	13	9:00 - 10:00 ~ Ball ~ Karen 12:00 - 1:30pm Level 1 ~ Gayle 5:30 - 6:30pm Tai Ji ~ Carolyn 7:00 - 8:30pm ****Advanced ~ Terry	14	8:00am - 9:15am **Multi-Level Yoga ~ Jill	15	8:00am - 9:15am **Multi-Level Yoga ~ Jill 9:30 - 11:00 **Multi-Level Yoga ~ Noreen	16
17	8:00 - 9:30 **Multi-Level Yoga ~ Karen 5:30 - 6:50pm **Multi-Level Yoga ~Gayle 7:00 - 8:30 ***Advanced Yoga Karen	18	9:00 - 10:30am **Multi-Level Yoga ~ Gayle 12:00 - 1:30 Yoga for M S 5:30pm - 6:50pm *Level 1 Yoga ~Noreen 7-8:30pm **Multi-LevelYoga~Jen	19	8:00 - 9:30am **Multi-Level Yoga ~ Gayle 5:00 - 6:20pm **Multi-Level Yoga ~ Karen 6:30 - 8:00pm **** Advanced ~ Terry	20	9:00 - 10:00 ~ Ball ~ Karen 12:00 - 1:30pm Level 1 ~ Gayle 5:30 - 6:30pm Tai Ji ~ Carolyn 7:00 - 8:30pm ****Advanced Hatha~ Pat	21	8:00am - 9:15am **Multi-Level Yoga ~ Karen	22	8:00am - 9:15am **Multi-Level Yoga ~ Terry 9:30 - 11:00 Multi - Level Yoga Julie	23
24	8:00 - 9:30 **Multi-Level Yoga ~ Karen 5:30 - 6:50pm **Multi-Level Yoga ~Gayle 7:00 - 8:30 ***Advanced Yoga Karen	25	9:00 - 10:30am **Multi-Level Yoga ~ Gayle 12:00 - 1:30 Yoga for M S 5:30pm - 6:50pm *Level 1 Yoga ~Terry 7-8:30pm **Multi-LevelYoga~Jen	26	8:00 - 9:30am **Multi-Level Yoga ~ Gayle 5:00 - 6:20pm **Multi-Level Yoga ~ Karen 6:30 - 8:00pm **** Advanced ~ Terry	27	9:00 - 10:00 ~ Ball ~ Karen 12:00 - 1:30pm Level 1 ~ Gayle 5:30 - 6:30pm Tai Ji ~ Carolyn 7:00 - 8:30pm ****Advanced Hatha~ Pat	28	8:00am - 9:15am **Multi-Level Yoga ~ Karen	29	8:00am - 9:15am **Multi-Level Yoga ~ Jill 9:30 - 11:00 **Multi-Level Yoga ~ Renee	30
31	LEVEL 1 For those new to Yoga or looking for a slower-paced gentle practice MULTI-LEVEL Suitable for all Levels, a "flow" practice from one pose (asana) to another, with focus on breath, flexibility, core strength, and balance ADVANCED a more challenging practice for active yogis of 4 months or more; vigorous and challenging with focus on heat-building sequences ADVANCED HATHA a challenging class for the VERY EXPERIENCED. TAI JI ... join Carolyn Halladay for this unique, on-going class! If you've missed any, no worries, class is taught in "on-going" format											