



OUTER BANKS  
YOGA & PILATES

September 2010

Kitty Hawk Studio

**Sunday**

10:00 - 11:15a	T'ai Yoga Latte	Julia	Multi-level
4:00 - 5:15p	Karma Yoga	Roger/Ticia	Multi-level

**Monday**

*All classes running as usual on Labor Day!*

8:30 - 9:45a	Hatha-Vinyasa	Cynthia	Multi-level
10:30 - 11:45a	Hatha-Vinyasa	Anne	Multi-level
4:30 - 5:45p	Hatha-Vinyasa	Susan	Multi-level
6:00 - 7:15p	Gentle/Beginner Yoga	Joy	Level I

**Tuesday**

7:30 - 8:45a	Hatha-Vinyasa	Susan	Multi-level
9:00 - 10:00a	Pilates Mat	Kerry	Multi-level
10:30 - 11:45a	Hatha-Vinyasa	Cynthia/Amanda	Multi-level
6:00 - 7:15p	Dynamic Flow	Mary Jo	Multi-level

**Wednesday**

7:30 - 8:45a	Beach Yoga at Hilton Hotel or Studio if rain <b>*BYOMat or Beach Towel to Practice On</b>	Susan	Multi-level
9:00 - 10:15a	Gentle/Beginner Yoga	Marty	Level I
10:30 - 12:00p	Hatha-Vinyasa	Michelle/Susan	Multi-level
5:30 - 6:45p	Vinyasa	Anne	Multi-level
7:30 - 8:30pm	Insight Meditation	Dr. Jim Layton	All levels

**Thursday**

7:45 - 8:30a	T'ai Chi/Moving Meditation	Julia	Multi-level
9:00 - 10:00a	Pilates Mat	Kerry	Multi-level
10:30 - 11:45a	Vinyasa	Anne	Multi-level
5:30 - 6:45p	Deep Stretch	Cynthia/Ticia	Multi-level

**Friday**

9:00 - 10:15a	Gentle/Beginner Yoga	Michelle/Marty	Multi-level
10:30 - 12:00p	Hatha-Vinyasa	Michelle/Susan	Multi-level
6:00 - 7:15p	Hatha Yoga	Roger	Multi-level

**Saturday**

9:00 - 10:15a	Deep Stretch	Staff	Multi-level
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Yoga in Duck at Savvy Home

**Tuesday, Wednesday, Thursday, Friday**

8:30 - 9:45a	Hatha-Vinyasa	Cynthia/Michelle	Multi-level
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Please note: We accept cash and check only, credit cards are accepted via paypal on our website [www.outerbanksyoga.com/fees](http://www.outerbanksyoga.com/fees).

The schedule is subject to change without notice. Passes are non-transferable and non-refundable. For more information visit our website [www.outerbanksyoga.com](http://www.outerbanksyoga.com), call 252-305-3791 to speak to Michelle directly, or email [michelle@outerbanksyoga.com](mailto:michelle@outerbanksyoga.com)

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#### FEES:

Drop-in Rates - \$15

3-class Passes (good 1-month) - \$42

5-class Passes (good 1-month) - \$65

10-class pass (good 4-months) - \$100

Monthly Unlimited - \$120

Annual Pass - \$1000

Mat Rentals - \$1

#### CLASS DESCRIPTIONS:

**Beach Yoga at the Hilton Hotel** - Get your day started right with this oceanfront multi-level yoga class. Enjoy the sun, sea and wildlife. The class will vary in style and intensity based on participants and weather. Please bring your own mat or a large beach towel to practice on. In the case of inclement weather, we will move to the studio right across the street. Check in with the front desk if you are unsure where class will be.

**Dynamic Flow** - a powerful vinyasa flow class created by Mary Jo. You'll leave feeling strong, graceful and calm.

**Deep Stretch** - a yoga stretch class with a meditative quality. In these classes we will mostly stay close to the floor, easing into longer holds and deeper stretches.

**Gentle/Beginner** - these classes are designed to give basics for a newbie yogi or Pilates practitioner, but they also move at a slower pace making them gentler classes suitable for those with more experience. There could be some exploration into more challenging poses or vinyasa flows but plenty of modification options will be given to assist you if you aren't quite ready for the challenge.

**Hatha Yoga** - a fairly traditional Integral Yoga class. With longer holds and gentle vinyasa flow series and an inner directed and inquisitive quality.

**Hatha-Vinyasa** - Some additional flowy sequences mixed into a class with classic hatha postures and structure.

**Karma Yoga** - a class that is offered weekly by donation. Bring an offering of any kind and enjoy this lovely, self-nurturing class.

**Meditation** - we offer a classic seated Insight Meditation class weekly at 7:30pm on Wednesday evenings by donation.

**Open House** - Relax and get together with friends at our studio from 2-4 every Wednesday. Free coffee and tea provided by The Bean Drop

**Pilates Mat** - Closely following "The Method" developed by J.H. Pilates, this mat class focuses on toning and lengthening the muscles of the body with emphasis on the stomach and back. By tuning in to the breath and the alignment of the "powerhouse," the area between the hips and the shoulders, all layers of muscles in this region are challenged and toned.

**Prenatal Yoga** - prenatal yoga is a beautiful way to experience the journey of pregnancy. The poses you'll learn will help ease discomfort, prepare your body for labor and childbirth, help you maintain your fitness level, deepen your breathing and help you relax and bond with the little one growing inside of you. This class is a wonderful way for you to put time aside for you and your baby. Our certified instructor will guide you through a lovely class and teach you the do's and don'ts of a healthy prenatal practice.

**Reflective Yoga (+\$5 Thai Lunch)** - 45 minutes of meditation and gentle yoga incorporating reflective journaling and drawing. Bring a journal. We will invite guest teachers to explore art therapy, astrology and much more. After class we will move next door to enjoy a family meal provided by Vilai Thai Kitchen for \$5, both vegetarian and non-vegetarian options. This is available to everyone; you do not have to attend class.

**T'ai Chi** - Julia's T'ai Chi class is a smooth, flowing series of moves she's assembled in an easy, but serious full-body workout that is also guaranteed to increase your flexibility, sharpen your reflexes, and help you block anything coming at you! This energizing workout will leave you feeling strong and powerful and is followed by an enlightening meditation.

**T'ai Yoga Latte** - Created for us by Julia. This is a gentle flowing, multi-level class and is a unique combination of T'ai Chi, yoga, and Pilates that is also a serious, full-body workout. With core emphasis and smooth-as-silk transitions between poses, it will help to whittle your waist and streamline your hips and thighs. This class also ends in a peaceful meditation that will leave you at relaxed and invigorated at the same time!

**Vinyasa** - a more powerful class with lots of flow, a focused intensity and lots of integration of breath and movement



