

# June 2010 VIRAYOGA

580 BROADWAY (Prince & Houston) 2nd Floor  
212.334.9960 (for daily recorded schedule/messages)  
www.virayoga.com (for a comprehensive list of events)



**VIRAYOGA**  
"To be 'vira' is to be heroic in heart, generous in spirit, and committed to your own deepest intentions. In Sanskrit, 'vira' is to be passionate for the Truth and motivated by the inner voice that speaks directly from within. Without pretense or the desire for self-congratulation, the vira is guided as much by the empowerment of one's own freedom as by the inspiration of the Great Beings who have come before."  
-Dr. Douglas Brooks

Monday

8am	open	taylor
10am	open	tom
noon	open	eric
2pm	open ANNEX	donna
4pm	open ANNEX	ola NEW
6:15pm	open	zhenja
7pm	open ANNEX	kevin
8pm	basic/open	susanna

Tuesday

8am	open	yorja
10am	yoga nerd	zhenja
12noon	open	elena
4-5:15pm	open	vanessa NEW
6pm	prenatal ANNEX	jennifer
6:15pm	open	sharon
8pm	open	susanna

Wednesday

9:30-11:30am	advanced	zhenja
12noon	open	dana
12:30-1:45pm	open ANNEX	geoff NEW
4pm	open ANNEX	ola NEW
6:15pm	open	zhenja
7pm	open ANNEX	kevin
8pm	meditation	harshada

Thursday

8am	open	yorja
10am	advanced	holly
12noon	open	elena
2pm	open	jordan
4-5:15pm	open	vanessa NEW
6:15pm	open	sharon
8pm	open	andrea

Friday

8-9am	community	ellen
9:30am	open	holly
12pm	open	marjorie
12:30-1:45pm	open ANNEX	geoff NEW
3:30pm	open	sharon
5:15pm	open	laura
5:30pm	basic/open ANNEX	sara NEW
7pm	open	andrea

Saturday

9am	open	laura
11am	open	elena
1pm	basic/open ANNEX	shoko
4:15pm	open	susanna
6pm	open	eric

Sunday

9am	open	ellen
11am	basic/open	vanessa
4pm	open	tom
6pm	advanced	holly
6pm	restorative ANNEX	lorraine

daily sub information can be found at www.virayoga.com - 212-334-9960

## upcoming workshops & notes

### MAIN STUDIO WORKSHOPS

JUNE

Weekday Retreat with Nikki Costello

Tuesday, June, 8th, 2-3:30pm

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Fundraiser for Hampton Chutney's Nailah Griffin with Jennifer Pettit

Sunday, June, 20th, 2-3:30pm

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Viracity

with Sharon Kenney

Saturday, June 26th, 1-4pm

Saturday, July 3rd, 1-4pm

### UPCOMING ATTRACTIONS IN JULY

The Journey of the Vira

with Cath McCarthy & Sharon Kenney

Saturday, July 10th, 1-4pm (Inversions & Backbends)

Sunday, July 11th, 12:45-3:45 (Hip Openers & Arm Balances)

### ANNEX WORKSHOPS

JUNE

Semiprivate Beginner's Class with Jorja Rivero

Friday, June 4th, 4.30-6pm

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The Principles of Being with Lalita Khosla

Wednesday, June 2nd, 9th & 16th 4th, 9.30-10.30am

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Unfold The Practice Expand Your Awareness with Andrea Frade

Thursday, June 3rd, 10th, 17th & 24th, 6.15-7.45pm

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Practice / Practice with Shaka McGlotten

Saturday, June 5th & 12th, 4-6pm

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### IMMERSIONS

Teacher Training Informational Session with Zhenja La Rosa

Wednesday, June 16th, 4.30-5.30pm

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Immersion Part III - Urban Retreat with Sharon Kenney

Wednesday, August 4th - Sunday, August 8th

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Immersion Part III - Urban Retreat with Zhenja La Rosa

Thursday, September 2nd - Monday, September 6th

#### Class Descriptions:

BASIC an informative, respectful practice for newer students.  
OPEN a more intense, flowing practice for students of all levels.  
ADVANCED requires an understanding of Principles of Alignment™.  
COMMUNITY a FREE open level practice taught by newer teachers.  
YOGA NERD an advanced level, detail-oriented practice.  
RESTORATIVES a very healing and nourishing practice for any level.  
MEDITATION a practice dedicated to refining your self observation.

#### Class Prices (does not include workshops):

\$20 single class and/or \$2 mat rental (prenatal -\$25)  
\$170. 10 classes, valid 4 months (e-mail reservations)  
\$320. 20 classes, valid 8 months (e-mail reservations + store your mat)  
\$195. monthly unlimited (e-mail reservations + store your mat)

#### Reservations:

For classes: email staff@virayoga.com (only for valid class series holders or if this is your 1st visit to Virayoga)

For workshops: registration requires payment, email staff@virayoga or call 212.334.9960.

Class descriptions & prices on reverse.  
All classes are 1.5 hour unless otherwise noted.  
Annex classes are held in our Healing Annex and hold 5 students max.

**VIRAYOGA @ the Great Lawn on June 22nd at 6pm**

580 Broadway (prince & houston) 2nd floor 212.334.9960 virayoga.com