

March 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

7:30am	community	taylor (NEW)
10am	open	tom
noon	open	eric
2pm	open (annex)	donna
6.15pm	open	zhenja
7pm	open (annex)	kevin (NEW)
8pm	basic/open	susanna

Tuesday

8am	open	jorja
10am	yoganerd	zhenja
12noon	open	elena
4pm	open	vanessa
6.15pm	open	sharon
8pm	open/interm	susanna

Wednesday

7:30am	open	ola (NEW)
9.30-11.30am	advanced	zhenja
12noon	open	dana
6.15pm	open	zhenja
8pm	meditation	harshada

Thursday

8am	open	jorja
10am	advanced	holly
12noon	open	elena
2pm	open	laura
4pm	open	ola
6.15pm	open	sharon
8pm	open	andrea

Friday

8-9am	community	ellen (NEW)
9.30am	open	zhenja
12pm	open	eric
1.45pm	open	geoff
3.30pm	open	sharon
5.15pm	open	laura
6:30pm	therap. stretch (annex)	andrea (NEW)
7pm	open	tara

Saturday

9am	open	laura
11am	open	elena
4.15pm	open	susanna
6pm	open	eric

Sunday

9am	open	tom
11am	basic/open	vanessa
4pm	open	tara
6pm	advanced (march only)	holly (NEW)
6pm	restoratives (annex)	lorraine

BASIC an informative, respectful practice for newer students.
OPEN a more intense, flowing practice for students of all levels.
INTERMEDIATE for students practicing consistent Anusara® yoga.
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.
THERAPEUTIC STRETCH an open level exploration of alignment and health.
MEDITATION a practice dedicated to refining your self observation.

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

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

upcoming workshops & notes

MAIN STUDIO WORKSHOPS March

Subrahmanya in the Forest Interweaving Asana, Mantra and Pranayama with certified Anusara® teacher
Eric Stoneberg and Brad Roberts

Sunday, March 7th, 12:45-3:45pm

join us for the interwoven arts of asana, mantra and pranayama while we explore one of the more secreted visions of the divine, shiva's son subrahmanya.

Second Tuesday Retreats with Nikki Costello

Tuesday, March 9th, 2-3:30pm

nikki returns from a month of study and retreat in india and shares her experience through insights into asana, mantra, meditation and the great mysteries of the motherland.

Circularity of Grace

Meditation & Chanting Program with Sanskrit scholar Manorama

Tuesday, March 23th, 2-3:30pm

Freedom & Your Body

with certified Anusara® teacher Laura Tulumbas Juell & Anusara® inspired teacher Jorja Rivero

Saturday, March 13th, 1-4pm

explore the ultimate expression of your heart through a deeper understanding of your body. soften and create more space in your life; shift patterns and imprints; step into the endless resource your body, heart, and mind offer.

UPCOMING ATTRACTIONS IN APRIL

Immersion II: Urban Retreat with certified Anusara® teachers
Eric Stoneberg and Sharon Kenney

For more details go to www.virayoga.com/immersion.htm

Beginning April 7th

Effort & Grace: Applying Anusara Principles

To Everyday Life with certified Anusara® yoga teacher
Tara Glazier & David Murphy

Saturday, April 10th, 1-4pm

ANNEX WORKSHOPS March

Prenatal Series with Jennifer Pettit

Tuesday, March 9th, 16th, 30th & April 6th, 13th, 20th 6-7:30pm

Therapeutic Stretch with Andrea Frade

Fridays weekly 6:30-7pm

Chant Mantra with Brad Roberts

Wednesday, March 17th, 8-9:30pm

Anahata: The Heart Chakra with Olynda Spitzer

Sunday, March 21st, 10:30am-12:30pm

VIRAYOGA practice precision to experience expansion.

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