

New Moon Yoga LLC

402 N. Cedar Bluff Rd., Suite 7, Knoxville, TN 37923

March 2010 Membership Classes

Non-member drop-ins welcome, please see fees below!

Sundays

11:30-12:30 Yoga by Donation with Staff (B, D)
1:00-2:00 Hatha Yoga Basics with Kerry (B, K)

Mondays

10:00-11:15 Powerful Yoga with David (V)
12:00-1:00 Gentle Kripalu Yoga with David (B)
5:30-6:30 Hatha Yoga Basics with David (B)
7:00-8:30 Moderate Kripalu Yoga with David (A)

Tuesdays

12:00-1:00 Therapeutic Yoga with Patty (B)
5:45-6:45 Moderate Vinyasa Yoga with David (A)

Wednesdays

12:00-1:00 Hatha Yoga Basics with David (B)
5:30-7:00 Hot Yoga with Bari (with Shay 3/3) (B)
7:30-8:45 Stressbuster with David (Gentle yoga, relaxation, seated meditation) (B) ****NEW****

Thursdays

8:30-9:30 Basic Vinyasa Yoga with Bari (A)
12:00-1:00 Gentle Kripalu Yoga with David (B)
5:45-6:45 Powerful Yoga with David (V)
7:00-8:30 Gentle Hatha Yoga with Leslie (B)

Fridays

10:00-11:15 Powerful Yoga with David (V)
12:00-1:15 Moderate Kripalu Yoga with David (A)
5:30-6:45 Hot Flow with Danyl (A)

Saturdays

8:30-9:30 Moderate Yoga with Staff (A)
10:00-11:00 Powerful Yoga with Staff (V)
11:30-12:30 Hatha Yoga Basics with Patty (B, K)

NOTE: Class times, teachers, availability, and themes are subject to change. Please subscribe to our newsletter online and become a fan on Facebook to stay updated!

Please see reverse for Series, Workshops, & Special Events!

CLASS CODES

A: advanced beginners and athletes with limited yoga experience welcome

B: total beginners welcome

D: by donation for non-members

K: Accompanied older children welcome at student rate

V: Our version of Power Yoga: a challenging, fun, and meditative vigorous practice influenced by Ashtanga, Kripalu and other active hatha yoga styles.

DROP-IN FEES for non-members

Adult: \$15 Student: \$10
Non-prime (8am-4pm weekdays):
\$10

Many first-time visitor discount coupons are available on Google, Topix, and other web sites!

Save money by becoming a member! See reverse...

www.newmoonyoga.com

Contact by email: info@newmoonyoga.com or call: (865) 223-5702

Series Classes

These six-week class series cost \$50 for members, \$99 for non-members. Pre-registration required!

Complete Beginner Series: The next beginner series start Sunday, March 7th at 5:45 and Sunday, March 28th at 2:30, with David, Leslie, Patty and other staff.

Cultivate Your Personal Practice with David, Wednesdays 6:00-7:15am, starts March 3rd.

Prenatal Yoga Series with Rebecca starts Sunday, April 11th at 4:00.

Workshops & Events

Workshops are not included in New Moon membership, but members may subtract 10% from the fee if not otherwise marked.

Pre-registration required!

Saturday, March 6, 1:30-3:30: **Neck and Back Care** with Ryoko - \$30, register by 2/27 and save \$5!

Saturday, March 6, 4:00-7:30: **Private Yoga Therapy** with Ryoko – See details online.

Saturday, March 13, 1:30-3:00: **How to Didgeridoo** with David – See details online.

Saturday, March 13, 3:30-5:00: **Yoga Nidra** with David - \$20 non-member, \$15 member

Saturday, March 20: **Workshops TBA**, please visit the website for updates.

Sunday, March 21, 3:00-5:00: **Prenatal Yoga** with Rebecca - \$25 non-member, \$15 member

Friday, March 26, 7:30-8:45pm: **Restorative Yoga** with Patty - \$15 non-member, \$10 member

Saturday, March 27, 1:30-2:45: **Yoga for People with Fibromyalgia** with David - \$15 non-member, \$10 member

Saturday, March 27, 3:15-4:45: **Sciatic Stretch** with David - \$15 non-member, \$10 member

Yoga Teacher Training

Our 200-hour Yoga Teacher Training starts April 6th and begins again in September! Please visit our website for course details and application information.

Memberships

Most people who drop in a time or two become members. Here are our affordable rates:

Memberships with a contract:

One Year Unlimited: \$49 per month with Autopay for unlimited membership classes†

One Year Non-Prime: \$39 per month with Autopay for non-prime (8am-4pm weekdays) membership classes†

Hardship: Please inquire about this membership level if our prices are out of reach

Memberships with no contract:

One Week Membership: \$30 for seven days of unlimited membership classes

One Month Membership: \$99 for 30 days of unlimited membership classes

Monthly Membership: \$89 with Autopay for unlimited membership classes, one-time \$10 fee†

† Cancellation requests must be received in writing five business days before the next scheduled payment. For contracts, there is a \$99 early cancellation fee except in cases of disability, loss of employment, or long-distance move. There is a \$20 fee for declined charges.

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