



GAIN STRENGTH • CULTIVATE FOCUS • RELEASE TENSION • BUILD FLEXIBILITY • FIND PEACE • CULTIVATE FOCUS • RELEASE TENSION • BUILD FLEXIBILITY

JULY 2009 DALLAS LOCATION



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY KIDS	SUNDAY
6:00AM JULIE	6:00AM CHARISE	6:00AM JEN L	6:00AM JEN L	6:00AM CHARISE		★ APY KIDS ★ 1:00PM (AGES 6-9) 2:00PM (AGES 10-12) 3:15PM (AGES 13-16)	8:30AM JULIE
8:30AM STEVEN		8:30AM JAYME	10:00AM JULIE	8:30AM MELANIE	8:30AM JENN U		10:00AM JAYME
12:00PM MANDY	10:00AM JULIE	12:00PM JULIE	12:00PM KURT	12:00PM JAYME	10:00AM KURT		
5:15PM KURT	4:45PM JAYME	5:15PM KURT	4:45PM ERICA	5:15PM MANDY	11:30PM JENN U (LEVEL 2)		4:00PM JENN U
6:30PM JAYME	6:00PM KURT	6:30PM JAYME	6:00PM JAYME (LEVEL 2)		4:30PM JULIE		
7:45PM JENN U	7:15PM JEN L	7:45PM STEVAN	7:15PM JEN L				

CLASSES ARE DESIGNED TO WELCOME BEGINNERS AND SEASONED PRACTITIONERS.
* TEACHERS SUBJECT TO CHANGE – CHECK WEBSITE FOR UPDATES

APY DALLAS – 5400 EAST MOCKINGBIRD LANE 75206 – 469- 232-YOGA(9642)

WWW.AMERICANPOWERYOGA.COM



WWW.AMERICANPOWERYOGA.COM

WHAT TO EXPECT IN AN AMERICAN POWER YOGA CLASS

- A gently heated room of 85 degrees with 65% humidity.
- A simple and effective breath-based Tai Chi warm up.
- A complete body workout.
- An open level class where every pose can be modified, with the beginner in mind, and intensified for the season yogi and athlete.
- A fluid presentation of poses linked with the breath to help cultivate focus and stay present.
- A highly trained instructor who descriptively walks you through every pose in plain English, by demonstrating, and uses non-evasive adjusting.
- You will Gain Strength, Cultivate Focus, Release Tension, Build Flexibility, and Find Peace in one hour

Best of Citysearch
Winner 2007-2008



FIVE DAYS JUST

\$5

FIRST TIME VISITORS ONLY.
CLASSES MUST BE TAKEN ON FIVE
CONSECUTIVE DAYS.



DALLAS COWBOY CHEERLEADERS

"Find out why apy is the most fulfilling and amazing style of yoga in the world."
Official yoga studio of the Dallas Cowboy Cheerleaders

5400 EAST MOCKINGBIRD LANE DALLAS, TX 75206
469- 232-YOGA(9642)

670 NORTH COIT ROAD RICHARDSON, TX 75080
972-497-YOGA(9642)

2845 RIDGE ROAD SUITE D209 ROCKWALL, TX 75087
214-771-4400