



NO CLASSES ON SATURDAY JULY 4  
YOGA IN THE PARK ON SUNDAY JULY 5!

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

# JULY 2009

## RICHARDSON LOCATION



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY KIDS	SUNDAY
8:30AM MELANIE	5:45AM LISA C	8:30AM STEVAN	5:45AM LISA C	8:30AM LISA C	9:00AM ERICA	★ APY KIDS ★  12:00PM (AGES 6-9)  1:00PM (AGES 10-12)  2:15PM (AGES 13-16)	11:00AM STACY
10:00AM MELANIE	8:30AM LISA C	10:00AM STEVAN	8:30AM JAYME	10:00AM LISA C	10:30AM ERICA (LEVEL 2)		3:00PM JULIE
1:30PM LANA	12:00PM CHARISE	1:30PM LANA	12:00PM CHARISE	12:00PM JULIE	4:00PM CHARISE		
5:15PM STEVAN	5:15PM GABRIELA	5:15PM LISA C	5:15PM LANA	5:15PM JULIE			
6:30PM BECKY	6:30PM JAYME	6:30PM BECKY	6:30PM GABRIELA				

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

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

WWW.AMERICANPOWERYOGA.COM



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### 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)

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