

## Our Sacred Contract:

We Believe that Yoga Heals  
& Transforms on Every Level

We Believe that Support & Re-  
spect are the highest form of  
Service

We Believe Yoga is the Perfect  
Exercise

We Believe Life Itself is Sacred

We Believe that You Get What  
You Give

We Believe in Family & Com-  
munity

We Believe that Serving Our-  
selves is Part of Serving Others

We Believe Yoga Helps us Do  
Everything in Life Better

We Believe that Having Fun is  
Everything

We Believe In Taking Risks

We Believe In the Journey, not  
the Destination

We Believe In Living Our Yoga

We Believe Yoga Rocks!



## The Benefits of Yoga

Build strength & stamina

Correct poor posture

Improve your flexibility

Improve muscle tone/create longer,  
leaner muscles

Speed up your metabolism

Lose weight

Enhance your balance

Rehabilitate an injury or recover  
from chronic pain

Reduce stress

Feel more focused and positive

Have more energy, passion, and  
creativity

Experience a new level of emotional  
calm and mental clarity

Enjoy life more

Live Longer

Look and feel younger



**UNITE ~ BREATHE ~ FLOW**

"For the first time in 25 years,  
I am not in pain and I am LOVING  
my yoga practice."

*-Christina Bour,  
Massage Therapist &  
Sacred Space Yoga Practitioner*

[www.SacredSpaceRockville.com](http://www.SacredSpaceRockville.com)

**LOVE YOUR LIFE!**

**(301) 231-0022**  
5624 Randolph Road  
Rockville, MD 20852

## October-December 2009

## Class Levels

~ All classes are maintained at a moderate, yet warm temperature of 75-80 degrees.

~ You will never be forced to do what is impossible for you in ANY class!

~We ask that you please honor your body in whatever class you choose.

**Beginner's Yoga & Level 1:** These classes will introduce you to your body, how it works and to experience the many benefits of yoga. The focus is on building a strong foundation of alignment and developing proper breathing technique. It's pace is slower so that you can experience the postures thoroughly and understand modifications that are appropriate for your body. Our beginner class teachers are dedicated to helping you master form, structure, and breath so that you may progress with confidence in your practice. *Suitable for students who have never tried yoga, newer students and students with injuries.*

**Level 1 & 2:** These moderately paced classes will guide you through more challenging postures and sequencing, however, will continue to emphasize the fundamentals of yoga. Level 1-2 teachers offer fresh challenges for their students, while ensuring that beginner students are offered modifications. *Suitable for beginner, seasoned beginner & intermediate students.*

**Mixed Level:** A moderately paced class for all levels of students. This class will give you options and modifications for taking it down a level or ramping it up, depending on where you are at in your practice. *Suitable for all levels of students.*

**Level 2 & 3:** These classes will offer the opportunity for students to explore inversions, arm balances & more challenging sequences. Students will be encouraged to use their knowledge of postures and breathing to cultivate a more intuitive practice. We recommend you have at least 6 months of consistent yoga practice before joining this class. *Suitable for intermediate & advanced students.*

**New to Sacred Space Yoga?**  
Purchase our New Member Pass:  
**1 Week of Unlimited Yoga for \$25!**  
(for use over 7 consecutive days)  
for local residents of DC, VA & MD only

New Member Pass: \$25 (1 week)  
Single Class: \$20  
4 Class Bundle: \$72 (no expiration)  
8 Class Bundle: \$136 (60 days)  
**\*10 Class Bundle: See Unlimited Monthly below**  
12 Class Bundle: \$192 (90 days)

**\*Unlimited Monthly Bundle: \$155**  
(the best deal if you practice 10 or more times per month)  
Unlimited 3-Month Bundle: \$420

All passes are non-transferable, non-shareable;  
NO freezes or extensions.  
Please make conscious purchases!

Mat Rental: \$2

Water: We have a water cooler on the premise.  
Bring your own water bottle to refill as often as you like, cups are not provided.

### Special Discounts:

- New Members Discount: Receive 15 % off your first 12- Class Bundle OR Unlimited Monthly Pass- \* must be purchased within 7 day trial to receive discount, no exceptions!
- Yoga Teachers in the DC metropolitan area (DC, MD, VA) \$95 per month/\$12 per class
- Seniors (65+) and Students under 25 with a valid ID receive 15% discount.
- Kids 12 yrs and under, \$12 drop in with parent.
- Referral Program: Bring a Friend! Refer a friend (new student) to our studio and we will give you \$10 toward your Sacred Space Account

**Want to see significant change in your practice?**  
Sacred Space recommends you practice at least 3 times per week!

<b>Monday</b>		
9:30-11:00 am	Vinyasa Flow-Mixed	Greg
6:30-8:00 pm	Vinyasa Flow - 1 & 2	Kim
7:30-9:00 pm	Candlelight Flow-Mixed	Scott

<b>Tuesday</b>		
9:30-11:00 am	Vinyasa Flow - Mixed	Kim
5:15-6:30 pm	Vinyasa Flow - 1 & 2	Abby
6:30-8:00 pm	Vinyasa Flow - Mixed	Kim
7:00-8:15 pm	Beginner's Yoga-Level 1	Amberlyn

<b>Wednesday</b>		
9:30-11:00 am	Vinyasa Flow - Mixed	Scott
6:30-7:45 pm	Vinyasa Flow - 1 & 2	Marina
7:30-9:00 pm	Candlelight Flow -Mixed	Scott

<b>Thursday</b>		
9:30-11:00 am	Vinyasa Flow - Mixed	Kim
12:15-1:30 pm	Vinyasa Flow- Mixed	Christina
5:15-6:30 pm	Vinyasa Flow - 1 & 2	Abby
6:30-8:00 pm	Vinyasa Flow - Mixed	Greg
7:00-8:15 pm	Beginner's Yoga-Level 1	Amberlyn

<b>Friday</b>		
9:30-11:00 am	Vinyasa Flow- Level 1 & 2	Cathy
6:30-8:00 pm	Candlelight Flow - Mixed	Karen P.

<b>Saturday</b>		
8:30-9:45 am	Vinyasa Flow-level 1 & 2	Abby
9:30-11:00 am	Vinyasa Flow - Mixed	Scott
10:30-12:00 pm	Vinyasa Flow-Level 2 & 3	Greg

<b>Sunday</b>		
9:30-10:45 am	Vinyasa Flow- Mixed	Greg
10:30-11:45 am	Vinyasa Flow - 1 & 2	Laura
10:45-12:15 pm	Vinyasa Flow - 2 & 3	Kim

**Visit our WebScheduler for the most up-to-date and current class schedule information as well as announcements of workshops/events.**

**Remember:**  
Leave your shoes at the Front Door  
Sign in at the Front Desk  
Breathe  
Share the Yoga with Others

# SACRED

# SPACE

# YOGA