

Our Sacred Contract:

We Believe that Yoga Heals & Transforms on Every Level

We Believe that Support & Respect 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 & Community

We Believe that Serving Ourselves 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

LOVE YOUR LIFE

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

Karma Referral Program
 Refer a friend (new student) to our studio and
 we give you \$10 in your SSY Account.
 Starting NOW!

Membership Options

New Member Pass: 1 Week of Unlimited Yoga \$25!
 the following conditions apply:

- for first time students only
- for residents of MD, VA, DC only
- valid for classes on our weekly schedule. *not valid for workshops or enrollment classes*
- pass is valid for 7 consecutive days

Single Class (Drop-in): \$20 -available only to students who are not new members

4 Class Bundle: \$72 (no expiration)

8 Class Bundle: \$136 (60 days)

12 Class Bundle: \$192 (90 days)

Unlimited Monthly Bundle: \$155

* the best deal if you practice 2-3 times/week

Unlimited 3-Month Bundle: \$420

Class Bundle & Unlimited Pass Policies

* Class Bundles and Unlimited Passes are non-transferable and non-refundable.

* Class Bundles and Unlimited Passes extensions are not granted * We do not Freeze passes. It's up to You to make conscious purchases.

Mat Rental: \$2

Bottled Water: \$2 We also provide filtered water, free of charge. Bring a water bottle from home, cups are not provided

Special Offers:

- 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) receive 15% discount on any class bundle or drop in rate.
- Seniors (65+) and Students (22 years & under)with a valid ID receive 15% discount off any class bundle or drop-in rate
- Kids 12 yrs and under, attending an adults class, \$15 drop in rate

Summer 2010 Class Schedule

Monday

9:30-11:00 am	Vinyasa Flow-Mixed	Greg
6:00-7:15 pm	Beginners Yoga-Level 1	Scott
6:30-8:00 pm	Vinyasa Flow - 1 & 2	Kim
7:30-9:00 pm	Candlelight Flow-Mixed	Scott

Tuesday

9:30-11:00 am	Vinyasa Flow - Mixed	Kim
6:30-8:00 pm	Vinyasa Flow - Mixed	Kim
7:30-8:45 pm	Beginner's Yoga-Level 1	Scott

Wednesday

9:30-11:00 am	Vinyasa Flow - Mixed	Scott
6:00-7:30 pm	Vinyasa Flow- 2 & 3	Scott
6:30-7:45 pm	Vinyasa Flow - 1 & 2	Marina
7:30-9:00 pm	Candlelight Flow -Mixed	Scott

Thursday

9:30-11:00 am	Vinyasa Flow - Mixed	Kim
6:30-8:00 pm	Vinyasa Flow - Mixed	Greg
7:30-8:45 pm	Beginner's Yoga-Level 1	Scott

Friday

9:30-11:00 am	Vinyasa Flow- Level 1 & 2	Cathy
4:00-5:00 pm	Vinyasa Flow- Mixed	Greg
6:30-8:00 pm	Candlelight Flow-Mixed	Karen

Saturday

9:30-10:45 am	Vinyasa Flow - Mixed	Scott
10:30-12:00 pm	Vinyasa Flow-Level 2 & 3	Greg
10:45-12:00 pm	Beginner's Yoga-Level 1	Scott
12:30-2:00 pm	Belly Dancing- Mixed	Greg
12:30-2:00 pm	AfroBrazilian Dance-Mixed	Angela

Dance classes alternate each week

Sunday

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

For the most up to date class schedule or to sign up for classes, workshops and retreats, please visit our web scheduler:

www.SacredSpaceRockville.com

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 physical movement, using proper breathing technique and meditation. It's pace is slower so that you can experience the postures thoroughly and understand modifications that are appropriate for your body. Our beginner classes will challenge you and 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 those revisiting the basics.*

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, including Beginners

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.*

SACRED

SPACE

YOGA