



BUCKHEAD

yoga & wellness

Experience Buckhead's newest wellness destination, offering life-enhancing yoga, Pilates, fitness classes and massage therapies in a beautiful, soothing studio environment.

Classes are suitable for all levels of ability, from beginners to the experienced. Whether you choose an invigorating yoga class, a challenging body sculpting class or a relaxing hot stone massage, our expert instructors and therapists will provide individualized attention to help you to strengthen and tone your body, while calming and inspiring your mind.

Spring/Summer 2010 CLASS SCHEDULE

check website for class and workshop updates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am						Basic/Intro to Yoga (Series Only) Pre-registration required TBD 10:00 - 11:30	
12:00pm		Body Sculpt/Fitness Andrea 12:00 – 1:00	Body Sculpt/Fitness Anne 12:00 – 1:00		Body Sculpt/Fitness Anne 12:00 - 1:00	Free Community Class (1 st Sat of each month only) Torrance 12:00 – 1:00	
1:30pm	Yoga Therapeutics Evelyn 1:30 – 2:30		Yoga Therapeutics Evelyn 1:30 – 2:30				
5:00pm	Level II Alex 5:30 – 6:30			Level II Alex 5:00 – 6:00			
6:30pm	Open Yoga Evelyn 6:30 - 8:00	Level I Sue 6:00 – 7:00	Open Yoga Evelyn 6:00 – 7:30				

Rates & Packages

- | | | | |
|---------------------------|---------------------------|-------------|---------------------------------------------|
| 1. Lunch Hour: | Body Sculpt/Fitness Class | \$10 | |
| 2. Drop-In Rate: | Yoga, Fitness Class | \$15 | |
| 3. Class Cards: | 5 Class Card | \$70 | 6 month expiration |
| | 10 Class Card | \$130 | 6 month expiration |
| | 20 Class Card | \$220 | 6 month expiration |
| 4. Unlimited Memberships: | | | |
| | Monthly Unlimited | \$120/month | Pre-paid commitment of 3 months or \$360.00 |
| | Annual Unlimited | \$1,200 | Pre-paid 12 month commitment |

PLUS: Complimentary use of the state-of-the-art cardio room with the purchase of any class card or unlimited membership

Class Descriptions/Levels

Intro to Yoga: For students new to yoga and those wanting to deepen their understanding of the fundamentals of yoga. Students will focus on correlating movement with the breath, introduction to basic postures and alignment. These classes are great if you have never done yoga before, if you are returning to yoga after a break, or if you are a regular student interested in strengthening the foundation of your practice.

Level 1 Yoga: The next progression for students familiar with yoga and more advanced students wanting to deepen their understanding of the fundamentals of yoga. Students will focus on correct alignment, learn how to create muscle tone and flexibility, while moving in flow with the breath. This class will incorporate a greater variety of poses.

Level 2 Yoga (Vinyasa): Vinyasa means "breath-synchronized movement" and has its roots in Ashtanga. Incorporating bandhas, dristi, and vinyasa flow, or breath synchronized movement, vinyasa flow is a challenging and invigorating practice which develops strength and flexibility. Linking the movement from pose to pose with the breath builds internal heat leading to purification of the koshas (layers of one's being) and indriyas (senses). This practice includes unique and creative standing sequences as well as classical poses.

Open Yoga (Hatha): A multi-disciplinary approach to practice which incorporates techniques and methods from a variety of teachers and systems. Hatha yoga balances "ha" or sun/stimulating energy with "tha" or moon/calming energy. Hatha also refers to any practice of postures and therefore, all styles of yoga offered at BY&W are a form of Hatha yoga practice. Open to all levels and recommended for young and old, injured and athletic alike. Great to manage and reduce excessive tension and stress.

Yoga Therapeutics: A slow, methodical, workshop experience, with in depth exploration of yoga as therapy. We will cover the basic fundamentals of optimal physical and energetic alignment and the connection of mind and heart - through yoga. Modifications will be made for those managing physical limitations and/or challenges.

Body Sculpt: A great total body workout using weight training to tone and strengthen all major muscle groups, while emphasizing precise technique and form.

Bootcamp Burn: Designed to increase cardiovascular performance, improve muscle tone and significantly reduce body fat. This class will boost your energy reserves to a greater level. Used as a kick-start to a healthier lifestyle, many recruits find they sleep better as a result of their participation. This offering is suitable for both novice exercisers and fitness enthusiasts alike.

Series Classes available with pre-registration as well as private and semi-private individual, group and corporate session on or off-site.

Wellness Massage & Body Work Menu

Deep Relief Massage

(60-minutes) \$78

This super penetrating massage combines various techniques for an ultra therapeutic effect. Your tensions will ease, your knots will unfurl and your joints will rejoice. This massage incorporates the concentrated and deep pressure that your muscles need to release chronic patterns of tension in the body.

Stress-Dissolving Swedish Massage

(60-minutes) \$78

This European full body massage utilizes long strokes and kneading techniques that relieve tension, improve circulation and soothe sore muscles to promote total relaxation.

Hot Stone Massage

(60-minutes) \$85

Transport your mind to a peaceful place with this unique massage. Heated Basalt Stones, combined with luxuriously warmed oils melt away tension as they are massaged deeply into the body for maximum relaxation. This full body massage targets your troubles from tip to toe, both rejuvenating and blissful.

Sole-Inspiring Reflexology

(60-minutes) Rate \$78

An intensive, liberating massage experience using the ancient healing art of sustained thumb or finger pressure on points of the feet to purge toxins and balance the body's energy. Many proponents claim that foot reflexology can cleanse the body of toxins, increase circulation, assist in weight loss, and improve the health of organs throughout the body.

Directions/Location:

Buckhead Yoga & Wellness is in the beautiful Summit at Paces Building at **3161 Howell Mill Road**,
Near the intersection of Northside Drive and West Paces Ferry

Come see us on the 4th floor. Parking is free.

Call **404.603.8322** to schedule massage services or to speak with our Wellness Coordinator.

Live Well ~ Namaste

www.buckheadyoga-wellness.com

Jan 2010