

Yoga with Ada Shedlock



| Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|
| 7:00-8:30 AM Yoga (Level 1-3) Berkeley Yoga | *** | 7:00-8:30 AM Yoga (Level 1-3) Berkeley Yoga | 10:15-11:45 AM Yoga (Level 1-3) Alameda (FULL) Δ | 9:00-10:45 AM Yoga (Level 2-4) Berkeley Yoga |
| *** | *** | *** | *** | 11:00-12:45 PM Yoga (Level 1-3) Berkeley Yoga |
| 5:45-7:15 PM Yoga (Level 1-3) Alameda (FULL) Δ | 7:00-9:00 PM Yoga (Level 2-4) Berkeley Yoga | 5:30-7:00 PM Yoga (Level 2-4) Alameda <i>3-hour practice 1st Friday of the month</i> | *** | *** |

PLEASE NOTE: Classes canceled Saturday, May 24th.
Δ Series students only, no drop-ins.

www.adayoga.com

Schedule update effective 4/15/08.

Class Descriptions

Level 1-3

A moderately paced class which builds core strength, flexibility, and mindfulness. Appropriate for beginning and continuing students.

Level 2-4

A more challenging class intended for those with an ongoing yoga practice. Deeper backbends and inversions will be explored.

Studio Locations

Alameda Yoga Station

2414-A Central Avenue
Alameda, CA 94501

www.alamedayogastation.com

Berkeley Yoga Center

1250 Addison Street, Suite 209
Berkeley, CA 94702

www.berkeleyyoga.com

Workshops & Events

Monthly Extended Practice

Saturday Afternoons
March 22, April 26, 2008
2:30 to 5:30 pm

Levels 1-3 welcome

Berkeley Yoga Center
www.berkeleyyoga.com

Yoga to Support Meditation

Saturday Afternoon
May 31, 2008
2:00 to 5:00 pm

Levels 1-3 welcome

Berkeley Yoga Center
www.berkeleyyoga.com

Registration information for events available at
www.adayoga.com.

*"Your vision will become clear only when
you look into your heart. Who looks outside,
dreams. Who looks inside, awakens."*

~ C.G. Jung

About the teacher...

Ada's practice of yoga and meditation began in 1993 as an organic progression from her work as a professional dancer and Pilates instructor, and a path to healing career-related injuries. She is a Certified Yoga Teacher and graduate of the Advanced Studies Program at the Yoga Room in Berkeley, a three-year teacher-training program in the Iyengar Tradition. She guides students of all levels and life stages through a challenging yet accessible practice in which body and breath are explored incrementally to facilitate deepening awareness, openness, strengthening, and healing. Ada's teaching is inspired by Donald Moyer, Mary Lou Weprin and Patricia Sullivan, as well as her passion for movement, and the study of human anatomy.

Private & Semi-Private sessions available by
appointment.

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Student Guidelines

- § Arrive a few minutes early to class.
- § Come to class with an empty stomach. Should you need to eat prior to class eat lightly, and foods that are easily digested.
- § Let me know of any injuries or other considerations that might impact your practice before class begins.
- § Honor the needs of *your* body, and practice focusing your attention on your own experience. Yoga is absolutely non-competitive.
- § Please turn off all cell phones and pagers. No exceptions. Better yet, leave them at home.
- § Please do not wear perfume or other scented products to class.
- § Should you need to leave early let me know before class begins, and leave quietly *without* putting props away.
- § All props are provided however, I recommend you acquire and use your own mat for hygienic purposes.
- § Late arrivals may be turned away based on time of arrival and/or class size.

~ Namaste'