

Blue Lotus yoga

2851 Clover St. Pittsford, NY 14354
in the Barn Bazaar
585.385.6760 • bluelotus-yoga.com

Coming Soon

Free Classes Labor Day Morning with Vishali
Level I 8-9:15 | Level II 9:30-11:00

Class Descriptions

BASICS

Students focus on basic postures & principles to open hips and shoulders, developing strength and flexibility preparing for the Level I syllabus of poses. Perfect for beginners & those recovering from injury.

LEVEL I

For newcomers. Students develop a solid foundation applying the principles to standing poses, twists, forward and back bends. Breathing techniques & inversions will be introduced.

LEVEL I/II

For students with a strong practice and knowledge of the alignment principles in the Level I syllabus of poses. More advanced backbends, inversions and arm balances are taught on a regular basis.

LEVEL II/III

For students with solid practice and knowledge of the Anusara Principles in all classes of poses. Students must be able to do Handstand at the wall and Urdhva Dhanurasana without assistance. Poses from the Level II & III syllabus will be practiced regularly.

KIDS

Yoga for kids ages 4-7, 7-12, and early teens. These classes are REGISTRATION ONLY. Please email us for info.

Prices

Special for New Students to Blue Lotus 10-Classes \$100

Student / Schoolteacher Summer Discount	Drop-In	\$16	And	10-Class Card	\$115
Drop-In Class	\$15	2 Month Summer Unlimited (July 1- Sept.1)			\$260
10-Class Punch Card (valid 4 months)	\$140	20- Class Punch Card (valid 6 months)			\$260
YogaKids (per session)	\$100	1 Month Unlimited Classes			\$160

Schedule (through Sept. 1)

(Click here to go to Fall Schedule)

Monday

9:30 - 10:45	Level I/II	Vishali
11:00 - 12:15	Basics	Amy
5:30 - 6:45	Level I/II	Becky
7:00-8:15	Level I	Kirsten

Tuesday

9:30 - 10:45	Level I	Vishali
11:00 - 12:15	Level I/II	Vishali
6:00 - 7:15	Level I/II	Tisah
7:30-8:45	Level I	Kirsten

Wednesday

9:30 - 10:45	Level I	Amy
11:00 - 12:45	Level II/III	Vishali
6:00 - 7:15	Level I	Mary Pat

Thursday

9:30 - 10:45	Level I	Jen
11:00 - 12:15	Level I/II	Jen
6:00 - 7:15	Level I/II	Cathy

Friday

9:30 - 10:45	Level II/III	Vishali
11:00 - 12:15	Basics	Amy

Saturday

8:00 - 9:15	Level I	Jen
9:30 - 10:45	Level I/II	Vishali

Sunday

8:00 - 9:45	Level II/III	Vishali
10:00 - 11:15	Level I	Cathy