


## CLASS PRICES

### NEW STUDENT SPECIAL

**\$20.00**

1-Week Unlimited Drop-In Classes

<b>GROUP CLASSES</b>	(Yoga, Pilates Mat, Zumba)
\$15	1 Drop-in Class
\$120	10-Classes (good for 3-Months)
\$1080	12-Month Annual Membership (\$90/mo - Additional Plans Available: Gold Member, Family Plan...)
<b>ZUMBA ONLY</b>	
\$10	1 Drop-in Class
\$75	10-Classes (good for 3-Months)
\$49.99	Monthly Unlimited (3-Mo. To 12 Mo. Auto Pay)*
<b>PRIVATES</b>	<b>PILATES / YOGA</b>
\$65	Individual Session
\$145	Special Intro to Pilates All-Equipment (3-sessions)
\$550	Ten Sessions (\$55 each)
	(Private Pilates sessions are held with Suzanne Deason)

\* Auto-pay enrollment required for Memberships  
Discounts: Seniors, Military, Teachers & Students

## WORKSHOPS & SCHOOL SERIES

(4-WEEK & 6-WEEK SERIES: \$60 - \$120)

### BELLY DANCING:

Beginner's Series:  
Friday nights  
6:30pm and 7:30pm



### HOOPNOTICA:

Hoop Work-outs:  
Wednesdays 7:30pm  
Beginner's: Saturdays at Noon!

### MINDFUL BODY TRANSFORMATION:

Deepening the mind /  
body connection. Weekly  
Health Hour. Tues 7pm.



### YOGA 101 / 201:

Yoga for Beginner's  
Yoga 101: Tues 10am, Sat 10:30am  
Yoga 201: Mon 7:30pm, Sat 1pm



## EKAM YOGA CENTER

Atascocita Plaza  
7036 #B FM 1960 Rd., East  
Humble, TX 77346  
(same shopping center as 24-Hr. Fitness, Spec's,  
Goodwill and Catfish Cafe)

281-358-YOGA (9642)  
peace@ekamyoga.com  
www.ekamyoga.com



# MARCH 2010 CLASS SCHEDULE



**281-358-YOGA**  
[www.ekamyoga.com](http://www.ekamyoga.com)



## CLASS DESCRIPTIONS

**DAILY DOZEN:** Gentle practice of 12 essential daily postures, breath work and relaxation. (75')

**GENTLE YOGA:** Reduce physical and emotional effects of stress yoga; breathing techniques, gentle stretching, proper alignment, and relaxation. (60')

**HATHA YOGA:** Traditional yoga class, covering various aspects of mind/body health & integration; open to all levels. (75' to 90')

**INTRO to YOGA:** Free Discourse.

Learn about the History of Yoga and our philosophy of re-connecting the mind, mind and spirit back into Wholeness.



**PILATES:** Mat and Balance-Ball based Pilates; stability and core strength for full-body work-out (60')

**POWER YOGA:** Ready to step it up a bit? Join us for a power flow class, incorporating Ashtanga Primary Series, breath work and relaxation. (75') (experience with Sun Salutations)

**R&R YOGA:** Bring greater clarity to mind, body and soul in this balanced practice of yoga postures, breathing and relaxation. (Gentle) (60')

**VINYASA FLOW:** Hot Yoga (without the heat!); moderate paced flowing yoga with progression of asanas. (60') (L1-open to Yoga 201 grads and advanced beginners)

**YOGA to DE-STRESS:** Easy yoga to release stress, revitalize your energies and tap into your core. Wonderful for teachers, care-givers or others looking to reduce stress. (60')



**ZUMBA:** Fusing Latin rhythms and easy moves to create a dynamic fitness program that will tone and sculpt your body. (60')



# MARCH 2010

\* Drop-in Class

+ Workshops (\$60-\$120)

	<u>MONDAY</u>
8:45 am *	DAILY DOZEN - Maggie
12:15PM *	PILATES MAT - Trish
(? 5:30 ?)	??? R&R YOGA ??? (Call in your vote)
6:30PM *	ZUMBA - Rianne
7:30PM +	YOGA 201 (Advanced Beginners)
	<u>TUESDAY</u>
8:45 am *	ZUMBA (Beginner's) - Rianne
10:00am +	YOGA 101 (Yoga for Beginners)
12:00PM*	LUNCH BUNCH YOGA - Maggie
6:00PM *	GENTLE YOGA - Carol (new time !)
7:00PM +	HEALTHY HOUR (Mind/BodyTransf.)
7:00PM *	HATHA YOGA - Suzanne
	<u>WEDNESDAY</u>
8:45 am *	DAILY DOZEN - Maggie
12:15PM *	PILATES MAT - Trish
(? 5:30 ?)	??? ZUMBA ??? (Call in your vote!)
6:30PM *	PILATES (MAT / BALL) - Susan
6:30PM *	INTRO to YOGA (FREE SESSION)
7:30PM +	HOOPNOTICA (6-wk) - Sheri

**MARCH 1st - MARCH 14th**

For current Class Listings, go to:

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



	<u>THURSDAY</u>
8:45 am *	DAILY GRIND (Intermediate Yoga)
12:00PM *	LUNCH BUNCH YOGA - Maggie
6:30PM *	ZUMBA - Rianne
7:30PM *	HATHA YOGA - Suzanne
	<u>FRIDAY</u>
6:30 PM +	BELLY DANCING (Level I) - Debi
7:30 PM +	BELLY DANCING (Level I) - Debi
	<u>SATURDAY</u>
8:30 am *	ZUMBA - Rianne
9:30 am *	POWER YOGA (L1/L2) - Maggie
10:30 am +	YOGA 101 (Yoga for Beginners)
1:00PM +	YOGA 201 (Advanced Beginners)
2:30PM *	INTRO to YOGA (FREE SESSION)
	<u>SUNDAY</u>
2:30PM *	HATHA YOGA (90 min.) - Ana



**POWER PLATE**  
FREE DEMO

Call to Schedule your session