

Workshops

Svaroopa® Yoga Monthly Workshops with Cayla Allen
Saturday August 21, September 25 and October 23; 1 - 4pm
\$45 each or \$115 for all three; Pre-registration required

Referred to as "bliss yoga", Svaroopa yoga releases the muscles around the tailbone, sacrum and lower back and all the way up the spine through the shoulders and neck. As spinal tensions release, the effects radiate throughout the entire body and calm the mind. Find relief from chronic back & joint pain, reduce stress and anxiety, improve flexibility, strength & stamina and feel more relaxed and energized. The relative ease of the poses brings a deep effect, catalyzing powerful experiences of healing and transformation.

Ayurvedic Self-care for Fall with Jaya Ramamurthy
Saturday September 11th, 1 - 3pm, \$25
Pre-register by 9/8

Join Jaya for an exploration of self care and diet practices suitable for the fall season. Learn how to harmonize seasonal changes with your own lifestyle practices so that you are 'winterized' inside and out! Bring a favorite bowl and share a simple vegetarian soup lunch while you learn.

Beautiful Life Workshop with Kim Saunders
Saturday September 18th, 1 - 4pm, \$35
Pre-register by 9/15

Come to the Beautiful Life Seminar and reconnect with things that touch the soul and have nothing to do with the internet, email or our iPhones. Instead, we will center our attention around strawberries dipped in chocolate, beautiful fresh-cut flowers from Holland, delicious teas and coffee, and a unique set of blissful yoga poses to reconnect with who we really are at the heart of our being.

Register online for workshops at www.plumtreeyoga.com or call (678)585-0500 ■ ■ ■ ■

Open House

Saturday August 14th, 12:30 - 4:30 pm

Complimentary classes all day!

Everyone is invited to come by to see the studio and meet our instructors.

- 12:30 - 1:15 pm** Yoga - Intermediate with Kim
- 1:30 - 2:15 pm** Yoga - Introductory with Terrie R.
- 2:30 - 3:15 pm** Svaroopa Yoga - All Levels with Terri
- 3:30 - 4:15 pm** Meditation - All Levels with Thomas



1055 Canton Street, Suite 200 • Roswell, GA 30075

Meditation

Meditation - The Art of Breath and Relaxation
with Thomas O'Connor

8 Wednesdays, August 25 through October 20 (no class Sep 8);
7:30 - 9:00pm, \$145 Register by August 20

Learn to relax deeply, finding stillness and peace inside. We will explore how to make subtle changes to our breath, posture and attention to become more centered. By softening into our inner being, we can find the natural vibrancy that resides within us. Meditation is much more about "letting go" than "doing", in this class we'll learn how to let go. For beginners or for experienced meditators who want to take their practice deeper. (No drop-ins allowed)



www.PlumTreeYoga.com 678-585-0500



1055 Canton Street, Suite 200
Roswell, GA 30075

11 - Week Fall Series, August 16th - October 31st

Introductory Special - First 3 Classes for \$25

New students only thru 10/31/2010 (reg. \$45)

Yoga Classes 7 days a week

Prenatal Yoga, Meditation

Svaroopa Yoga workshops and more!

Gift Certificates Available. Order online at PlumTreeYoga.com

Presorted
FIRST CLASS
U.S. Postage
PAID
Roswell, GA
Permit #444

a place for peace

AUGUST 16TH - OCTOBER 31ST

All are welcome to drop-in for classes at anytime throughout the 11 weeks.



CLASS SCHEDULE

Mon	10:00 am - 11:45 am 6:00 pm - 7:15 pm 7:30 pm - 9:00 pm	Svaroopa® Yoga - Deeper* Yoga Flow - Intermediate Svaroopa® Yoga - All Levels	Ellen BeAnne Cayla
Tue	10:00 am - 11:15 am 11:30 am - 1:00 pm 6:00 pm - 7:15 pm 7:30 pm - 9:00 pm	Yoga - Intermediate Svaroopa® Yoga - All Levels Yoga - Introductory Prenatal Yoga**	Betsy Terri Kim Heather
Wed	10:00 am - 11:15 am 11:30 am - 1:15 pm 6:00 pm - 7:15 pm 7:30 pm - 9:00 pm	Yoga - Introductory Svaroopa® Yoga - Deeper* Yoga Flow - Intermediate Meditation - All Levels***	Kim Cayla BeAnne Thomas
Thu	10:00 am - 11:15 am 11:30 am - 1:00 pm 6:00 pm - 7:15 pm 7:30 pm - 9:00 pm	Yoga - All Levels Svaroopa® Yoga - Continuing Yoga - Introductory Svaroopa® Yoga - Continuing	BeAnne Terri Terrie R. Cayla
Fri	10:00 am - 11:15 am 11:45 am - 1:15 pm 6:00 pm - 7:45 pm	Yoga - Intermediate Energy Awareness Svaroopa® Yoga - Deeper*	Betsy Shane Cayla
Sat	9:15 am - 10:30 am 11:00 am - 12:15 pm	Yoga - Intermediate Yoga - Introductory	Andrea Kim
Sun	11:00 am - 12:15 pm 2:00 pm - 3:30 pm 4:00 pm - 5:30 pm	Yoga Flow - All Levels Svaroopa® Yoga - Introductory Svaroopa® Yoga - Continuing	Marcella Cayla Terri

Class Fees

11-week series, 8/16 - 10/31

Single class - \$15

6 classes - \$80

11 classes - \$135

22 classes - \$250

33 classes - \$345

44 classes - \$415

*** Deeper Svaroopa**

11 weeks - \$198; Drop-in \$22

**** Prenatal Yoga**

11 weeks \$198; Drop-in: \$22

***** Meditation 8 Weeks, \$145;
Aug 25 - Oct 20 (no class Sep 8)**

Studio Closed for Labor Day:

Sunday & Monday 9/5 & 9/6

All classes to be completed by 10/31/10.

To Register

Register online at PlumTreeYoga.com or send a check for the full amount or \$30 per class to reserve your space. Cash, check, or Visa accepted for balance. Refunds are available less a \$30 deposit with 3 days notice before classes begin. Classes require a minimum of eight registrations to make.

Please respect fellow students by refraining from the use of perfumes and other scented products when attending classes. Thank you!

Please arrive 10 - 15 minutes early for all classes to allow time to set up.

Yoga mats & props are provided.

Yoga Styles

Yoga - Introductory, Intermediate, All Levels: Classes develop strength, flexibility, steadiness and ease in the body using classical yoga postures (asanas), which have been practiced for thousands of years. Classes begin with a centering/breath awareness and progress into yoga asanas that develop strength, flexibility, balance & vibrancy. Classes end with a deep relaxation.

Svaroopa Yoga - Introductory, All Levels, Continuing and Deeper: Classes begin with a deep relaxation and breath exercise, progressing into postures that release the muscles around the tailbone and carry the changes up the spine. Using blankets & props for support in each pose, you are invited to melt into support and experience the bliss that arises out of unraveling the tension in your spine. Classes end in a deep relaxation.

Massage See website for rates and details.

Resident Massage
Therapist, **Erin Susan
Parks**, CMT is available
Tuesday - Saturday
by appointment:
404.664.7890



Erin Specializes in:

- Integrative Aromatherapy Massage
- Pregnancy and Postpartum Massage
- Foot Reflexology
- The Goddess Massage

**Private yoga & meditation
instruction available for individuals
and groups - call 678-585-0500.**



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