

Now Registering – 200hr Certification Program

Kunga Yoga Lifestyle & Teacher Training 3 WEEK SUMMER IMMERSION
 With Kristin Cooper Gulak and guest teachers
 JULY 5 – 25 Monday through Friday



Visit our website for more information.
Info session March 1st at 6:00pm. Call the front desk to register!

Workshop

March 12 6:00-9:00pm | March 13 & 14 9:00am-5:00pm

Spring Detox Ayurveda Essentials with Hilary Garivaltis

Hilary Garivaltis, Dean of the Kripalu School of Ayurveda, will explore the philosophical underpinnings of both yoga & Ayurveda. Weekend will include info on the historical background & common theories of the Science of Ayurveda as well as a fun filled cooking class. CEUs and 500hr YA credit



Training

April 21 6:00-9:00pm | April 22-25 9:00am-6:00pm

Prenatal Teacher Training

w/ Heather Till, 500 ERYT

Heather has been teaching prenatal yoga for over 10 years. This 5-day course is designed for yoga teachers & professionals who work with pregnant women. Heather will offer a holistic, gentle approach to pregnancy & birth that empowers the woman & welcomes new life into this world in a peaceful environment. CEUs and 500hr YA credit



Retreat

May 14 arrival after 3pm | checkout May 16 Noon

Spring Awakening at the Prama Institute

w/ Kristin Gulak & Donna Gardner

This 3 day all levels retreat will consist of daily meditation, gentle, and vinyasa flow yoga classes led by Donna Gardner & Kristin Cooper. In addition to a gentle & vigorous asana practice, yoga pranayama & restorative guided relaxation, this retreat will include time for instruction in the Buddhist style of vipassana, or insight meditation. CEU's and 500hr YA credit



Workshop

May 21 6:00-9:00pm | May 22 – 23 9:00am-5:00pm

Yoga Therapeutics:

w/ Gabriel Halpern, ERYT

Gabriel Halpern, Director of Yoga Circle Chicago IL will focus deeply on the principles of body mechanics and how to incorporate this into your yoga practice or teaching methodology. CEU's and 500hr YA credit



Workshop

June 10 6:00-9:00pm | June 11 - 12 9:00am-5:00pm

Power Vinyasa

w/Tamal Dodge

This workshop will dive into power Vinyasa flow. Tamal was born and raised in his family's yoga ashram in Hawaii and has developed a strong following nation wide over the past 10 years. His vigorous vinyasa classes are filled with humor, music and meditation. CEU's and 500hr YA credit



Wilmington Yoga Center
 5329 Oleander Drive, Suite 200
 Wilmington, NC 28403
 Above Tidal Creek Foods Co-op
 (910) 350-0234
 wilmingtonyogacenter.com



50+ Classes a week
Yoga Trainings & Workshops
Retreats & Service Adventures

Spring Schedule March 1 – May 31, 2010

	Time	Level	Emphasis	Teacher	FYI
Mon	8:30 - 9:45am	2-3	Core Power Yoga	Larry	
	10:30 - 11:30am	2	Hot Slow Mo Flow	Lexi	
	10:30 - 11:45am	1-2	Gentle/Beginner	Donna	+
	12:00 - 12:30pm	ALL	Meditation Instruction	Donna	FREE
	4:00 - 5:00pm	3-8yrs	Kids Yoga	Lexi	\$8
	4:00 - 5:00 pm	1-2	Basic Kunga Vinyasa*	Carly	← pay what you can
	5:00 - 5:50pm	ALL	Pilates	Jamie	
	+ 6:00 - 7:15pm	1-2 +	Basic	Mary	+
+ 6:00 - 7:00pm	2-3 +	Hot Power Vinyasa	Larry	+	
	7:30 - 8:30pm	ALL	Hot Kunga Slow Mo*	Carly	
Tue	8:30 - 9:45am	ALL	Core Power Yoga	Noelle	
	9:00 - 10:15am	1-2	Basic	Nancy	← pay what you can
	10:30 - 12:00pm	2	Hot Kunga Vinyasa*	Kristin	
	5:00 - 5:55pm	ALL	Basic	Noelle	
	5:00 - 5:55pm	ALL	Prenatal	Heather W	
	6:00 - 7:00pm	1-2	Basic	Stephanie	
	+ 6:00 - 7:15pm	2-3 +	Power Vinyasa	Larry	+
	Call 6:15 - 7:15pm	1	Intro 4 week series	CALL TO REGISTER	
	7:15 - 8:15pm	1-2	Gentle / Beginner	Olga	
	7:30 - 8:30pm	2	Hot Power Vinyasa	Noelle	
Wed	8:30 - 9:45am	2-3	Core Power Yoga	Larry	
	9:00 - 10:00am	ALL	Anusara Yoga	Rachael	
	10:30 - 11:30am	2	Hot Slow Mo Flow	Lexi	
	10:30 - 11:45am	1	Gentle/Beginner	Donna	
	12:00 - 1:00pm	1-2	Rock Vinyasa	Audra	
	5:00 - 5:50pm	ALL	Pilates	Jamie	
	+ 6:00 - 7:15pm	2-3 +	KungaPowerVinyasa*	Kristin +	
	+ 6:00 - 7:15pm	1-2 +	Basic Kunga Yoga*	Heather M +	
+ 7:30 - 8:30pm	ALL	Hot Slow-Mo Flow	Kristin +		
Thu	8:30 - 9:45am	ALL	Core Power Yoga	Noelle	
	9:00 - 10:15am	2	Basic	Nancy	← pay what you can
	10:30 - 12:00pm	ALL	Kunga Vinyasa*	Kristin	
	5:00 - 5:55pm	ALL	Basic	Noelle	
	6:00 - 7:15pm	2	Jivamukti Vinyasa	Laura	
	6:00 - 7:00 pm	1-2	Basic Kunga Yoga*	Karin	
	7:30 - 8:30pm	2	Hot Power Vinyasa	Elizabeth	
	7:30 - 8:30pm	ALL	Satsang/Meditation	Laura	FREE
Fri	8:30 - 9:45am	2-3	Core Power Yoga	Larry	
	9:00 - 10:00	1-2	Basic Kunga Vinyasa*	Carly	
	10:30 - 11:30am	1-2	Anusara Inspired	Holli	
	5:30 - 6:30pm	2	Hot Kunga Vinyasa*	Goo	
Sat	9:00 - 10:00am	ALL +	Hot Yoga	Elizabeth	+
	+ 10:15 - 11:30am	1-2 +	Gentle/Beginner	Donna	+
	+ 12:00 - 1:15pm	2-3 +	Power Yoga	Larry	+
	1:30 - 2:30pm	1	Basic Kunga Yoga	Rotating	← pay what you can
2:30 - 3:30pm	2-3	Hot Kunga Vinyasa	Holler		
Sun	9:00 - 10:00am	ALL +	Hot KungaYoga*	Carly	+
	11:00 - 12:45pm	2-3	Ashtanga	Larry	← pay what you can
	1:00 - 2:00pm	ALL	Basic Kunga Yoga*	Goo	
	2:30 - 3:30pm	2	Hot Kunga Vinyasa	Heather M	

**Kunga* classes are classes with focused teachings on service, with 5% of proceeds going to charities.

+ These classes tend to fill up! Arrive 15 min early +
 Call to Pre-register for the Intro Series – See Intro Series description

Intro to Yoga 101 \$50 per series

Tuesdays 6:15 – 7:15pm

This series is ideal if you are trying yoga for the very first time or are returning to your practice. Foundational elements of breathing, meditation, and simple postures will be taught. Any age, shape, or size that wants to experience the many benefits of yoga is welcome. New series starts each month.

Pay-what-you-can Yoga Class

In an effort to make yoga accessible to everyone; we are offering 5 pay-what-you-can (PWYC) classes. These high quality yoga classes are for all levels. No experience required. **Suggested donation of \$10.**

The pay-what-you-can (PWYC) classes are:

Monday 4:00 – 5:00pm Basic Kunga Vinyasa	Tuesday 10:30am – 12:00pm Hot Kunga Vinyasa	Thursday 10:30 - 12:00pm Kunga Yoga
Saturday 1:30 – 2:30pm Basic Kunga Yoga	Sunday 1:00 – 2:00 pm Hot Kunga Vinyasa	

30-Day Transformation

Start the Spring with a new you!

Join our 30-day transformation program and receive 30 days of unlimited yoga classes, a yoga lifestyle starter kit, discounts and more. Call or go online to register.

Upcoming Advanced Studies and Workshops

March Spring Detox Ayurveda w/ Hilary Garivaltis (500YA)

Spring Solstice 108 Namaskars w/Larry Hobbs

April Prenatal Teacher Training w/ Heather Till (500YA)

May Yoga Therapeutics Training w/ Gabriel Halpern (500YA)

Prama Retreat w/Kristin Cooper & Donna Gardner (500YA)

June Power Vinyasa Workshop w/Tamal Dodge (500YA)

Kirtan w/ Tamal Dodge & the Kunga Drummers (500YA)

July Yoga Lifestyle & Teacher Training 3 week Summer Immersion

w/ Kristin Cooper 500ERYT & Guest Presenters



Located at:

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Private Yoga & Pilates Sessions

Personally designed to focus on specific needs such as alignment, philosophy, core stabilization, relaxation techniques, injury rehabilitation

Privates	\$60 Individual private (~1 hr)
	\$330 Package of 6 individual private sessions
	\$1000 Package of 20 individual private sessions

Policy **Cancellations must be made 24 hours in advance to the time of the appointment.** If you do not cancel in time, you will be charged the full amount for the session

Group Private Sessions

Designed for corporate settings, wedding parties, birthday parties, or simply a private class for friends. Group sessions held in our studio or on-site

Groups	\$125 Group private per hour
	\$25 Equipment charge for on-site privates
	Travel Fee dependent on location

*a rich ancient science
with its ultimate aim being*

Union

WYC Class & Series Rates

All Class Series may be used for any class, any time

Drop Ins	\$ 8 Kids Single class
	\$12 Single class for Students/Military/Seniors w/ ID
	\$15 Single class

90 Day Series	\$60 5 class series
	\$55 5 class series for Students/Military/Seniors w/ ID
	\$110 10 class series
	\$250 25 class series

Other \$450 50 class Corporate/Family series (1 yr. exp)
This series may be shared.

	\$99 Monthly Auto-renewal (1 class per day)
	\$150 Monthly unlimited

\$60 Private Session
On-site & corporate sessions upon request

Policies

All 90 Day Series have a 90 day expiration
All Class series are non-transferable and non-refundable

All Series Students have the option of using one (1) class from their series for a Guest

www.wilmingtonyogacenter.com