

Services

Yoga Parties for Kids and Adults

Create a day of unforgettable and healthy fun with a THRIVE YOGA PARTY to celebrate your child's birthday, bridal shower or other special event, or as an opportunity to introduce your friends to yoga. Thrive Yoga is 4,000 square feet of nature-inspired fun with waterfalls, castle-rock walls, a giant banyan tree canopy, and river rock floors, making for a wondrous and unique party atmosphere. Two huge, light-filled rooms are available for yoga and other games, multiple bathrooms, a separate child's playroom, and plenty of open space make the studio practical for larger groups. Thrive will provide a yoga instructor, yoga mats, props and music. All you need to provide is any food, drinks, and decorations you might want for your special day. **Contact Dave at dave@thriveyoga.com** or call 301-294-9642 for more information.

Private Instruction

Not quite ready for group classes? Rehabilitating an injury? Want to explore a particular aspect of the practice more deeply? Work one-on-one with the instructor of your choice. We have a spacious and quiet private studio on-site, and our instructors also work with small groups. All props provided. To schedule or inquire about rates for an appointment, please contact privates@thriveyoga.com.

Boutique

Thrive Yoga is pleased to offer our community a boutique to enhance all areas of a healthy, happy, and spirited yogic lifestyle. Everything in our boutique has been carefully and lovingly hand-selected, and gift certificates are also available..

- ~ Mats & Props ~ Yoga Clothing ~
- ~ Books ~ CDs & DVDs ~
- ~ Art & Ritual ~ Accessories

Class Descriptions

Vinasa Flow: focuses on integrating breath and movement through steady, fluid asana sequences called Vinyasa. A fluid meditation in motion, this style cultivates a balance between strength and flexibility, alignment and awareness, for a transformative experience. Most classes are in a warm room approx 76 degrees.

Hot Vinvasa: Fitness for the body, mind a spirit! Room is heated to 85 degrees for detoxification..

Prenatal: Appropriate for any trimester, this class is designed to increase your energy and stamina while building strength, flexibility, and balance. Breathing and gentle stretches are used to reduce fatigue and tension, and relax you throughout your pregnancy. Connect with other moms-to-be in a supportive and healthy environment!

Baby and Me Yoga New moms, dads, or nannies will practice sequences and baby partner yoga that strengthen and stretch the total body with particular attention on the abdomen, pelvis & lower back, hips and shoulders. Boost energy with Yogic Breathing . Infant massage and bonding time included.

Hatha Yoga: Classical yoga practice for all levels of ability. Practice asanas, breathing and relaxation.

Community Class: Hatha Yoga taught by Thrive teachers at a reduced rate! Students can use their series or monthly passes to attend or pay the \$10 fee.

Pranavama (Breath) & Meditation: 55 minute class in breath awareness; breath exercises to de-stress and meditation techniques.

Level 1: For anyone of any age, shape, or size to experience the many benefits of yoga. No experience or flexibility required. Class focuses on beginner asanas (postures) and sequences.

Level 2/3: Presumes students are familiar with intermediate yoga postures and can comfortably jump back to chaturanga dandasana (low push-up) and comfortably practice urdhva dhanurasana (wheel). Longer time is spent in each posture; advanced variations and sequences are presented. Our most vigorous practice of mind & body.

All Levels: This class is open to all levels of students who have an ongoing yoga practice and are familiar with the basic asanas. Instructor will offer options to increase the challenge.

JULY2010



Move~Breathe~Meditate

1321-B Rockville Pike
Rockville, MD 20852
301.294.9642
www.thriveyoga.com



Contact
Tel: 301.294.YOGA (9642)
www.thriveyoga.com

Class Rates:

AUTOPAY: Automatically renew yoga monthly - no hassle or need to purchase at the reception desk! Freeze 1X/year. 6-month minimum!
.....\$119/mo

New Member Special

*First-Timers-one month unlimited.....\$49
Must be purchased during first visit

College Student Special one-month unlimited.....\$49
(Full-time students with valid ID)

Community Class (reduced priced class for everyone).....\$10
Breathe & Meditation.....\$10
Drop-in Adult & Kids Class.....\$20
5 Class Series (expires in 30 days).....\$85
10 Class Series (expires 60 days).....\$160
20 Class Series (expires in 365 days).....\$320
Unlimited Monthly.....\$140
Unlimited 3 Month.....\$349
Unlimited 6 Month.....\$629
Annual Unlimited.....\$1149

(*E) Enrollment Classes:

Prices as specified.

Gift Certificates for any class series or for boutique merchandise are available! Please inquire at the front desk.

☀️ Teachers (school/yoga, etc) and seniors (65+) with valid ID receive a 10% discount on all series. *Not valid for Single Classes, Autopay, First-timers, Workshops, or merchandise.*

☀️ We accept all major debit or credit cards (Visa, MC, and AMEX).

● All series, unlimited, and annual passes are non-transferable, non-exchangeable, non-extendable, and non-refundable.

● Series cannot be used for more than one person.

● We must adhere to expirations in order to deliver high-quality yoga and value prices.

*Thank You For Your Understanding
- Namaste -*

July 2010

MONDAY

9:30-11:00am	Hot Vinyasa 85 degrees - All Levels	Susan
12:15-1:15pm	Community Class (\$10)	Sarah
6:00-7:15pm	Vinyasa Flow - Level 1	Karen
6:00-7:15pm	(E)* Prenatal Yoga(drop-ins welcome)	Jessica
7:30-9:00pm	Vinyasa Flow-All levels	Jessica

TUESDAY

9:30-11:00am	Vinyasa Flow-Level 1	Susan
10:00-11:30	Yin Yoga (no class 7/27-8/10)	Dave
4:30-5:45pm	Community Class (\$10)	Julie
6:00-7:30pm	Hot Vinyasa 85 degrees- All Levels	Susan
7:30-9:00pm	Hatha Yoga- All Levels	Marylou

7:30-9:00pm Advanced Practice-Level 3/4 (no class 7/20; 8/3) Susan/Dana
(Asana, Pranayama, Meditation, Philosophy. Practice to deepen understanding of the integrative quality of yoga. Taught at an advanced level/pace. Students must have at least 2 years of yoga practice. Expect to STRETCH, SWEAT body, mind and spirit.

WEDNESDAY

9:30-11:00am	Hot Vinyasa 85 degrees - Level 2/3	Susan
12:15-1:15pm	Community Class (\$10)	Ugonma
6:00-7:15pm	Vinyasa Flow - Level 1	Susan
6:15-7:30pm	Yin Yoga-All Levels	Michele
7:15-8:30pm	(E)* Prenatal Yoga (drop-ins welcomed)	Jessica

THURSDAY

9:30-11:00am	Vinyasa Flow-All Levels	Jessica
4:30-5:45pm	Community Class (\$10))	Ugonma
6:00-7:30pm	Hot Vinyasa 85 degrees-All Levels	Jessica
6:30-7:25pm	Breathe & Meditation	Dave
7:30-9:00pm	Hot Vinyasa 85 degrees - All Levels	Stephanie

FRIDAY

6:30-7:45am	Community Class(\$10)(no class 7/23-8/6)	Dave
9:30-11:00am	Hot Vinyasa 85 degrees -All Levels	Stephanie
12:15-1:15pm	Community Class (\$10)no class (7/23-8/6)	Lara
6:30- 8:00pm	Yin Yoga- All Levels	Michele

SATURDAY

8:00-9:10 am	Hatha Yoga- All Levels	Felicia
9:15-10:40 am	Vinyasa Flow - Level 1	Felicia
10:45-12:15pm	Vinyasa Flow - Level 2/3	Susan
12:30-2:00pm	(E) Prenatal Yoga (ends July 31)	Sarah
12:30-2:00pm	(E) Yoga Fundamentals (ends 8/7)	Susan

SUNDAY

9:00-10:30am	Vinyasa Flow- All Levels	Susan
10:45-12:15pm	Hatha Yoga - All Levels	Marylou

(E) - Denotes enrollment class . Check start dates. All other classes above are available on a drop-in basis.

Workshops

Reiki Level 1 Certification

July 9-11th

Learn energetic techniques for relaxation and well being

Balancing Postures & Arm Balances

July 10: 1:00-4:00pm

Balance breath, strength, and flexibility . Learn techniques to take flight

Yoga and Wellness Workshop W/ Dana Cohen

July 20 & July 22

Single Day \$44/\$55 after July 11

Both Days \$89/\$99 after July 11

Learn to bring yoga into LIFE!

Birth Prep

July 22: 1-3:30

Bond with your baby and other parents

Deep Delicious Rest

August 7: 1:00-5:00pm

Coax your mind and body into deep relaxation

Enrollment & Specialty Classes

(E)* Prenatal Yoga- 8 week Session \$128

Drop-ins allowed \$20 (space permitting \$20)

Students can make up missed classes in one of the other sessions by their expiration dates.

Mondays 6:00pm- 7:15 pm

June 14- August 2nd

Wednesdays 7:15-8:30 pm

June 23- Aug 11

Saturdays 12:30-2:00pm

June 5- July 31 (no class 6/12)

(E) Prenatal Yoga 4wk mini session \$64

Mondays August 9- August 30

Wednesdays Aug 18- Sept 8

(E)* Yoga Fundamentals/8-week Session \$128

Saturdays, 12:30- 2:00pm

June 12-August 7 (no class 7/17)

NEW! (E) 5-wk mini session \$80

Thursdays, 7:30-9:00 pm

August 5- Sept 2

NEW! (E)* Teen Yoga and Relaxation/ 4 wk Session \$60

Thursdays, 4:30- 5:45pm

July 8- July 29

Please note our workshop/enrollment policy below:

~ A 50% refund will be given if cancellation is made 7 days or more prior to Workshop start date. This refund will be in the form of a credit only, for any other Thrive Yoga classes or boutique merchandise.

~ Once the Workshop/Enrollment Class has started, no credit refunds will be issued.