

IMMERSIONS

Two to five week Immersions are for those who want to commit to a daily practice and work in an intensive setting.

NORTH WILLIAMS IMMERSIONS

W SHADOW YOGA 2 with Lita Batho
6:15 - 7:20am, Tuesday - Thursday, 4 weeks
October 5 - 28 (begins Tuesday first week only), November 1 - 25, December 6 - 23

W SHADOW YOGA 1 with Lita Batho
7:30 - 8:30am, Monday - Thursday, 4 weeks
October 5 - 28 (begins Tuesday first week only), November 1 - 25, December 6 - 23

W VINYASA YOGA (all levels) with Sweethome
6:00 - 7:45am, Monday - Friday, 2 weeks
September 20 - 30 (9-Day Immersion), November 1 - 12, December 6 - 17

W VINYASA YOGA: Sankalpa Urban Retreat (all levels) with Danielle Koppel
7:30 - 8:45am, Tuesday - Friday, 4 weeks
September 7 - October 1, October 5 - 29 (Minimum 8 students)

SOUTHEAST IMMERSIONS

SE SHADOW YOGA 2 with Defne Suman
6:15 - 7:20am, Tuesday - Friday, 4 weeks
August 30 - September 10 (10-Day, Monday - Friday Intensive)
October 5 - 29 (begins Tuesday first week only), November 2 - 26, November 30 - December 24

SE SHADOW YOGA 1 with Defne Suman
7:30 - 8:30am, Monday, Wednesday & Friday, 4 weeks
October 4 - 29, November 1 - 26, November 29 - December 24

SE SHADOW YOGA 2 with Defne Suman
7:00 - 8:15pm, Monday & Wednesday; 5:30 - 6:45pm, Friday, 4 weeks
August 30 - September 24, October 4 - 29, November 1 - 26, November 29 - December 24

Key: **W** = North Williams **SE** = Southeast Division **⚡** = Teacher Training & Advanced Studies.
Open to all students. Visit www.yogashalapdx.com for more information, prices and to register!

COURSES

Courses are scheduled one or two times a week for a set amount of weeks.

BEGINNER'S YOGA SAMPLER:
A Course Designed to Introduce Beginners to Yoga & Teachers
4 Shala Teachers/4 Styles/4 Weeks/8 Classes (*see website for teachers)

SE Tuesdays & Thursdays, 7:30 - 8:30pm, Starts monthly: Sept. 7, Oct. 5, Nov. 2, Dec. 7

W Tuesdays & Thursdays, 5:30 - 6:30pm, Starts monthly: Sept. 7, Oct. 5, Nov. 2, Dec. 7

⚡ W RAGA SINGING FOR BEGINNERS with Michael Stirling
Raga: Singing a Prism. The Vocal Music of North India
8 weeks, Mondays, September 27 - November 15, 7:00 - 9:00pm

W YOGA FOR BARISTAS & RESTAURANT PEOPLE with Lita Batho
4 weeks, Wednesdays, October 6 - 27, November 3 - 24, December 1 - 22, 4:30 - 5:30pm

⚡ W INTERMEDIATE/ADVANCED YOGA 200 with Lita Batho
Seated Asanas: 4 weeks, Fridays, October 8 - 29, 6:30 - 8:00am

⚡ W YOGA 101 with Jody Kurilla
Orientation: October 5, 5:30 - 7:30pm
First Quarter: 6 weeks, Tuesdays, October 12 - November 16, 5:30 - 8:30pm

⚡ W ANATOMY & MOVEMENT with Wendy Hambidge – 101: Bones & Muscles
5 weeks, Wednesdays, October 13 - November 17, 5:30 - 8:30pm

SE DOG CYCLE & ROPES with Jack Mason
6 weeks, Saturdays, October 16 - November 20, 2:00 - 4:00pm

W BASICS OF SHADOW YOGA with Lita Batho
3 weeks, Thursdays, November 4 - 18, 6:00 - 7:30pm

⚡ W INTERMEDIATE/ADVANCED YOGA 200 with Lita Batho
Balancing Asanas: 3 weeks, Fridays, December 3 - 17, 6:30 - 8:00am

Yoga Shala Wellness offers preventive medicine, harmonizing
bodywork and wellness education. Visit YogaShalaWellness.com!

WORKSHOPS, VISITING TEACHERS & MUSIC

SE PREPARING FOR INVERSIONS Part 1
with Nandini Ranganathan
Saturday, September 11

SE BIRTH PREPARATION FOR PARTNERS
with Shana Celnicker-Chong
Saturdays, Sept. 11, Oct. 23, Dec. 4

W FIRE IN BELLY, LIGHT IN THE HEART, LAYERS OF THE SELF with Dr. Kausthub Desikachar
Wednesday - Sunday, September 15 - 19

W SAMA MUSIC & YOGA WORKSHOPS
with Tahir Qawwal & Friends
Sunday, September 26

SE PELVIC HEALTH IN PREGNANCY & BEYOND
with Candice Garrett
Saturday, October 2

W 2-HOUR SHADOW YOGA WORKSHOPS
with Lita Batho
Fridays, October 8, November 19, December 3

SE PRACTICING INVERSIONS Part 2
with Nandini Ranganathan
Saturday, October 9

W PATANJALI'S YOGASUTRA: CHAPTER 3
with Chase Bossart
Friday, Saturday & Sunday, October 15 - 17

W A SIMPLE MEDITATION with Jack Mason
Sunday, October 17

SE A PUBLIC SITTING with Emily Carson
Sunday, October 24

W INTEGRATED MOVEMENT THERAPY®
with Molly Lannon Kenny Level 1
Friday, Saturday & Sunday, October 29 - 31

W ADVANCED PRANAYAMA TECHNIQUES
with Nandini Ranganathan
Saturday & Sunday, November 6 & 7

W KIRTAN WORKSHOP with Jai Uttal & Daniel Paul
Saturday & Sunday, November 13 & 14

W DAY-LONG RETREAT with Daeja Napier
The Power of Intention, Saturday, November 20

W THIS TENDER LIFE with Daeja Napier
An Evening with Mothers, Sunday, November 21

W OREGON FOOD BANK THANKSGIVING DAY
SE CLASS! Thursday, November 25, 9:00am

W A PHILOSOPHICAL CONTEXT FOR YOGA
with Nandini Ranganathan
101: The Origins of Yoga, First of a 3-Part Series
Saturday & Sunday, December 4 & 5

W COURSE PLANNING: THE ART OF MEDITATION
PART 2 with Chase Bossart
Friday - Saturday, December 10, 11 & 12

W PATANJALI'S YOGASUTRA - CHAPTER ONE:
with Chase Bossart
Friday - Sunday, December 10, 11 & 12

MUSIC

W SUFI SOUL with Tahir Qawwal & Friends
Saturday, September 25, 8:00pm

W SMRIT KAUR: Kirtan & Devotional Music
Sunday, October 10, 7:00pm

W KIRTAN! with Jai Uttal & Daniel Paul
Friday & Saturday, November 12 & 13, 7:30pm

W AUTUMN RAGAS with Michael Stirling
Saturday, November 27, 7:00pm

W YOGA SHALA MUTUAL & FUNDRAISER with
Danielle, Sweethome & Michael Stirling!
Friday, December 3, 7:30pm

Check website for Workshop times and prices.



SEPTEMBER - DECEMBER 2010

fall & early winter schedule



yogashalaofportland
503.963.YOGA • www.yogashalapdx.com

3808 North Williams Portland, OR 97227 • 3249 SE Division Portland, OR 97202

Yoga Shala of Portland is a unique center for yoga and related studies, offering a wide-range of classes, events and courses for all levels of yoga practitioners. Our teachers are committed to bringing the practice of yoga to the student in both an authentic and accessible way. We are here to support the practice of yoga in Portland with a dedicated group of teachers and to preserve the knowledge and practices passed down through the various yoga traditions.

The Yoga Shala is located on Portland's East Side with two convenient locations: Southeast Division and North Williams neighborhoods. We offer drop-in classes, courses, workshops with world-class teachers, music events, private instruction, and a comprehensive **Teacher Training & Advanced Studies Program**. Childcare is available during morning hours. The Shala Shop carries eco-conscious clothing, yoga props and books. **Yoga Shala Wellness** is the newest branch of the shala, offering a wide range of healing modalities that support and encourage our clients' on their own unique journeys of holistic health – including preventive medicine, harmonizing bodywork and wellness education.

We hope this schedule serves as a good starting point for you. Visit us at www.yogashalapdx.com for a complete listing, or stop by the shala. Our friendly desk staff can answer any questions you may have.

~ The Teachers & Staff of Yoga Shala of Portland

NORTH WILLIAMS CLASS SCHEDULE

A.M. Immersions with Lita, Sweethome & Danielle. (See Immersions for classes. Partial attendance may be arranged with teacher.)

MONDAY		
9:30 - 10:45am	Vinyasa 2	Sweethome
10:00 - 11:30am	Mom & Baby	Tanya
12:00 - 1:00pm	Vinyasa 1+2	Meaghan/Nancy
5:30 - 6:45pm	Vinyasa 1	Kat
5:30 - 7:00pm	PreNatal	Tanya
5:45 - 7:00pm	Vinyasa 2	Mandy
7:15 - 8:30pm	Vinyasa 1+2	Jen S.

TUESDAY		
9:30 - 10:30am	Vinyasa 2	Char
10:00 - 11:15am	Breath Centered (all levels, community)	Jody
12:00 - 1:00pm	Vinyasa 1+2	Danielle
2:00 - 4:00pm	Open Practice	
5:30 - 6:30pm	Beginner's Yoga Sampler**	
6:00 - 7:15pm	Vinyasa 1	Traci V.
7:15 - 8:30pm	Vinyasa 1+2	Sweethome

WEDNESDAY		
9:30 - 10:45am	Vinyasa 2	Sweethome
10:00 - 11:30am	Prenatal	Tanya
12:00 - 1:00pm	Vinyasa 1+2	Meaghan/Nancy
4:30 - 5:30pm	Yoga for Baristas & Restaurant People (begins 10/6)	Lita
5:30 - 6:45pm	Vinyasa 1	Char
5:45 - 7:00pm	Vinyasa 2	Mandy
7:00 - 8:15pm	Restorative (all levels)	Danielle
7:15 - 8:30pm	Vinyasa 1+2	Jen S.

☀ Childcare offered during Classes
** See Teachers & Dates

Holiday Closures: Labor Day, Thanksgiving except for 9am Oregon Fook Bank Class. December 24 - January 1
Check our website for holiday schedules.

THURSDAY		
9:30 - 10:30am	Vinyasa 2	Char
10:00 - 11:15am	Breath Centered Vinyasa & Meditation (all levels, community, no class 9/16)	Jody
12:00 - 1:00pm	Vinyasa 1+2	Danielle
2:00 - 4:00pm	Open Practice	
5:30 - 6:30pm	Beginner's Yoga Sampler **	
6:00 - 7:15pm	Vinyasa 1	Traci V.
7:15 - 8:30pm	Vinyasa 1+2 (community)	Sweethome

FRIDAY		
9:30 - 10:45am	Vinyasa 2	Danielle
12:00 - 1:00pm	Vinyasa 1+2	Jen S.
5:30 - 6:30pm	Vinyasa 2	Kat
6:00 - 8:00pm	2nd Friday: Sanctuary for Mothers	Gretchen
7:00 - 9:00pm	1st & 3rd Fridays:	Kirtan

SATURDAY		
9:00 - 10:15am	Vinyasa 2	Danielle
10:00 - 11:15am	Vinyasa (all levels, no class 9/18, 10% of class fees donated to Street Yoga)	Sweethome
10:30 - 12:00pm	PreNatal	Tanya
2:00 - 4:00pm	Open Practice	
4:00 - 5:15pm	Vinyasa 1+2 (community)	Kellie

SUNDAY		
9:00 - 10:15am	Vinyasa 2+3 (community)	Char
10:30 - 11:30am	Vinyasa 1 (Bring a friend for FREE last Sunday!)	Char
4:00 - 5:15pm	Vinyasa (all levels, community)	Traci V.
5:30 - 6:45pm	Restorative (all levels)	Traci V.

SE DIVISION CLASS SCHEDULE

A.M. Immersions with Defne. (See Immersions for classes. Partial attendance may be arranged with teacher.)

MONDAY		
9:30 - 11:00am	Pre-Natal	Shana
12:00 - 1:00pm	Vinyasa 2	Sarah
5:30 - 6:45pm	Breath Centered Vinyasa & Meditation (all levels)	Jody
6:00 - 7:30pm	Kundalini Pre-Natal	Surinder (Kristi)
7:00 - 8:15pm	Shadow Yoga 2	Defne (drop-in first week of Immersion only, see Immersions for dates)

TUESDAY		
10:00 - 11:30am	Vinyasa 1+2 (Bring a friend for FREE 1st Tuesday)	Meaghan/Kat
12:00 - 1:15pm	Kundalini (all levels, community)	Aerlyn
5:00 - 6:20pm	Iyengar 1+2	Anne
6:00 - 7:20pm	Vinyasa 2	Mandy
6:30 - 8:00pm	Vinyasa 1	Sarah
7:30 - 8:30pm	Beginner's Yoga Sampler **	

WEDNESDAY		
9:30 - 11:00am	Mom & Baby	Shana
12:00 - 1:00pm	Bushido Yoga 1+2	Nathan
5:30 - 6:50pm	Breath Centered Vinyasa & Meditation (all levels)	Jody
6:00 - 7:20pm	PreNatal	Shana
7:00 - 8:15pm	Shadow Yoga 2	Defne (drop-in first week of Immersion only, see Immersions for dates)
7:30 - 8:45pm	Vinyasa 1+2	Shana

Schedule subject to change.
Visit yogashalapdx.com for schedule updates,
more information and to register online!
For early morning classes see Immersions.
Partial attendance may be arranged with teacher.

THURSDAY		
10:00 - 11:30am	Vinyasa 1+2 (Bring a friend for FREE 1st Thursday)	Meaghan/Kat
12:00 - 1:00pm	Vinyasa (all levels, community)	Sarah
4:00 - 5:00pm	Children's Yoga (ages 5-8) (See Children's Schedule for dates)	Steven (Kristi)
5:00 - 6:20pm	Iyengar 1+2	Anne
6:00 - 7:20pm	Vinyasa 2	Mandy
6:30 - 8:00pm	Kundalini (all levels)	Aisha
7:30 - 8:30pm	Beginner's Yoga Sampler **	

FRIDAY		
10:00 - 11:15am	Breath Centered Vinyasa & Meditation 2 + 3	Jody
12:00 - 1:00pm	Bushido 1+2	Nathan
5:30 - 6:45pm	Shadow Yoga 2 (drop-in first week of Immersion only, see Immersions for dates)	Defne
6:00 - 8:00pm	1st Friday: Return to Center for Mothers	Shana
6:00 - 8:00pm	4th Friday: Silent Meditation & Gathering with Emily (Dec. date 12/10)	

SATURDAY		
8:30 - 9:50am	Iyengar 2	Anne
9:00 - 10:20am	Vinyasa 1+2	Meaghan/Nathan
10:00 - 11:30am	Iyengar 1	Anne
10:30 - 12:00pm	PreNatal	Shana
1:30 - 3:30pm	3rd Saturdays: The Healing Power of Essential Oils (no December)	Arin

SUNDAY		
9:00 - 10:30am	Vinyasa 2	Sarah
11:00 - 12:15pm	Vinyasa 1 (Last Sunday, bring a friend for FREE!)	Sarah
2:00 - 4:00pm	3rd Sunday: Iyengar Restorative Yoga	Anne
4:00 - 5:15pm	Hatha Yoga (all levels, by donation) Teacher Training Graduates	

FEES, PRIVATE YOGA, CHILDCARE & RETREATS

CLASS FEES

Community Class (for those on a budget/refer to schedule for times).....	\$8
Single Class	\$12
3 Class Introductory Card (valid for 30 days, for new students only).....	\$21
5 Class Card (valid 60 days).....	\$55
10 Class Card (valid 90 days).....	\$100
One Month Unlimited	\$130
4 Month Unlimited Card	\$490
8 Month Unlimited Card	\$935
*12 Month Unlimited Card	\$1250
(*includes a 10% discount for all workshops, courses, immersions & merchandise)	
Open Practice.....	\$5

INDIVIDUAL YOGA INSTRUCTION & THERAPY

Individual Yoga Instruction can be arranged with any of our teachers. Yoga Therapy teachers are: Jody Kurilla, Nandini Ranganathan and Anne Adams. For more information about private sessions, visit www.yogashalapdx.com.

CHILDCARE & FEES (see Class Schedules for Childcare services during classes)

\$5 one child, \$8 two children/two hours
10 Sessions: \$45 one child, \$72 two children
North Williams: Mon & Wed 9:15 - 11:45am; Fri 9:15 - 11:00am; Tues/Thurs 9:15 - 11:30am;
Sat, 8:45am - 12:15pm; Sun, 8:45 - 11:45am
Southeast: Mon, 9:15 - 11:15am; Wed, 9:15 - 11:15am; Thurs 9:45 - 11:45am
(Visit website for possible Sunday Childcare)

KID'S YOGA CLASSES

Please visit www.yogashalapdx.com/childcare.html for Kid's Yoga class schedule.

RETREATS with Meaghan Gannett

NEW YEAR RETREAT AT STILL MEADOW with Meaghan Gannett
December 31, 2010 - January 2, 2011 (see website for more information)