

## Our Classes

Basic  
Basic/Intermediate  
Intermediate  
Open (*advanced*)

## All Levels Classes

All Levels  
Express  
Flow & Restore  
Gentle  
Restorative

## More Offerings

Prenatal\*  
Baby & Me\*  
Kids Series  
Beginner Series  
Meditation (*free*)  
Private Lessons  
Massage Services

\*Specialty Classes (Prenatal, Baby & Me) \$17



## Teacher Training

With **Directors Carla Stangenberg & Ramit Kreitner**, along with teachers Sarah Selig, Judy Atrubin, David Figueroa, & Kyle Shepard (plus guest master teachers), Jaya Yoga offers a dynamic 200 Hour Teacher Training. Spread out over a series of 7 months, trainings take place on weekends allowing you to maintain a full time job while becoming a yoga teacher. Whether your aspirations are to teach or to deepen your practice, check the website for all details. Jaya Yoga Center is a registered 200-hr yoga school with Yoga Alliance.



Check facebook & [jayayogacenter.com](http://jayayogacenter.com) for updated schedules & workshops!

# JAYA YOGA *east*

## monday

|               |                    |               |
|---------------|--------------------|---------------|
| 9:15–10:45 AM | Basic/Intermediate | Michael Gates |
| 12:15–1:15 PM | Express            | Kenzie Pause  |
| 5:30–6:45 PM  | All Levels         | Susan Kraft   |
| 7:00–8:30 PM  | Intermediate       | Judy Atrubin  |

## tuesday

|               |             |                   |
|---------------|-------------|-------------------|
| 7:00–8:15 AM  | All Levels  | David Figueroa    |
| 9:00–10:30 AM | Basic       | Susan Kraft       |
| 12:15–1:30 PM | Baby and Me | AnnaBeth Rousakis |
| 5:30–6:45 PM  | All Levels  | Christine Findlay |
| 7:00–8:30 PM  | Basic       | Jennifer Grims    |

## wednesday

|               |                    |                   |
|---------------|--------------------|-------------------|
| 9:15–10:45 AM | Basic/Intermediate | Carla Stangenberg |
| 12:15–1:15 PM | Express            | Sammi Friedman    |
| 5:30–6:45 PM  | All Levels         | Ramit Kreitner    |
| 7:00–8:30 PM  | Restorative        | David Figueroa    |

## thursday

|               |              |                 |
|---------------|--------------|-----------------|
| 7:00–8:15 AM  | All Levels   | David Figueroa  |
| 9:00–10:30 AM | Intermediate | Laura Kauffmann |
| 5:30–6:45 PM  | All Levels   | Kenzie Pause    |
| 7:00–8:30 PM  | Intermediate | Sammi Friedman  |

## friday

|               |                |                   |
|---------------|----------------|-------------------|
| 9:00–10:30 AM | All Levels     | Christine Findlay |
| 12:15–1:15 PM | Express        | Hunt Parr         |
| 5:30–6:45 PM  | Flow & Restore | Sammi Friedman    |

## saturday

|                |                    |                   |
|----------------|--------------------|-------------------|
| 9:00–10:30 AM  | All Levels         | David Figueroa    |
| 11:00–12:30 PM | Basic/Intermediate | Carla Stangenberg |
| 5:30–6:45 PM   | Basic              | Kenzie Pause      |

## sunday

|                |                    |                   |
|----------------|--------------------|-------------------|
| 7:15–8:15 AM   | Express            | Kathleen Leisure  |
| 8:30–8:50 AM   | Meditation (free)  | Jaya Yoga Teacher |
| 9:00–10:30 AM  | All Levels         | Ramit Kreitner    |
| 11:00–12:30 PM | Open               | Judy Atrubin      |
| 3:00–4:30 PM** | Basic/Intermediate | Michael Gates     |
| 5:30–6:45 PM   | Gentle             | Judy Atrubin      |
| 7:00–8:30 PM   | Prenatal           | Liz Buehler       |

\*\*Sunday 3 PM class at Jaya East is every other week. Check website.

# JAYA YOGA *park slope*

## monday

|               |            |                   |
|---------------|------------|-------------------|
| 7:00–8:15 AM  | All Levels | Sarah Selig       |
| 9:30–11:00 AM | All Levels | Judy Atrubin      |
| 6:00–7:25 PM  | Basic      | Christine Findlay |
| 7:30–8:45 PM  | Open       | Kathleen Leisure  |

## tuesday

|               |                   |                   |
|---------------|-------------------|-------------------|
| 9:00–9:20 AM  | Meditation (free) | Jaya Yoga Teacher |
| 9:30–11:05 AM | Open              | Carla Stangenberg |
| 12:00–1:00 PM | Express           | Hunt Parr         |
| 4:30–6:00 PM  | All Levels        | Carla Stangenberg |
| 6:15–7:40 PM  | Open              | Sammi Friedman    |
| 7:45–9:00 PM  | Basic             | David Figueroa    |

## wednesday

|               |                |                |
|---------------|----------------|----------------|
| 7:00–8:15 AM  | All Levels     | Ramit Kreitner |
| 9:30–11:00 AM | All Levels     | Joan Arnold    |
| 4:30–6:05 PM  | Open           | Sarah Selig    |
| 6:15–7:40 PM  | Basic          | Sarah Selig    |
| 7:45–9:00 PM  | Flow & Restore | Christie Clark |

## thursday

|               |            |                |
|---------------|------------|----------------|
| 9:30–11:05 AM | Open       | Judy Atrubin   |
| 12:00–1:00 PM | Express    | Hunt Parr      |
| 4:30–6:00 PM  | All Levels | Leslie Graves  |
| 6:15–7:40 PM  | Basic      | Susan Kraft    |
| 7:45–9:15 PM  | Open       | David Figueroa |

## friday

|               |            |                   |
|---------------|------------|-------------------|
| 7:00–8:15 AM  | All Levels | Kathleen Leisure  |
| 9:00–10:25 AM | Basic      | Kenzie Pause      |
| 6:00–7:30 PM  | All Levels | Christine Findlay |

## saturday

|                |              |                |
|----------------|--------------|----------------|
| 8:30–10:00 AM  | Basic        | Ramit Kreitner |
| 10:00–11:35 AM | Open         | Sarah Selig    |
| 12:00–1:35 PM  | Intermediate | Susan Kraft    |
| 4:00–5:30 PM   | All Levels   | Christie Clark |

## sunday

|                |             |                   |
|----------------|-------------|-------------------|
| 9:00–10:25 AM  | Basic       | Sarah Selig       |
| 10:30–12:05 PM | Open        | Carla Stangenberg |
| 4:00–5:35 PM   | All Levels  | Alison Dorfman    |
| 6:00–7:30 PM   | Restorative | Lissy Vomacka     |