

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 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