

YOGA

SCHOOL OF THERAPEUTICS



National Yoga Alliance Registered Teaching School

Licensed by the Kansas Board of Regents

Welcome to Our Yoga Classes, Workshops & Programs!

If you are one of our long-time students or new to us, or just thinking of joining a class, a workshop or teachers training, welcome! The Yoga School, established in 1984, is a **Nationally Accredited Yoga Alliance Teacher Training School** and now we are **licensed by the State of Kansas** as a teaching school, meeting their high codes of standards and curriculum approval!

You matter to us! We are here to serve in integrity and professionalism. We continue to improve our Services, raising the bar on yoga and meditation teaching throughout Kansas City and the Midwest. We are exclusive in offering rope tractions to ease back pain, lower blood pressure and more; our therapeutic, gentle, and restorative classes are exclusive and unique with ways to help you heal the body and remain free of pain. Our vigorous classes help you burn calories and gain strength. We have the class that is right for you! Welcome!

In peace & love & wellness from all of us at KC's Original Yoga School

CLASS SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|---|
| Level 1 10:00a-11:30a Laura Kuchynka | Introduction/ Fundamentals of Yoga 9:30a-11:00a Karen Nease | Morning Yoga Mixed Level 6:30a-7:30a Theresa Goodman | Restorative/ Therapeutic 9:30a-11:00a Suzette Scholtes | Morning Yoga Mixed Level 6:30a-7:30a Theresa Goodman | Gentle/ Restorative 9:30a-11:00a Ann Tandoc | Level 1 9:00a-10:15a Ann Tandoc |
| Family YogaFun (all ages) 12:00p-1:00p Rebecca Holland | Mixed Level 11:30p-1:00p Lienha Carleton | Level 1/ Restorative 9:30a-11:00a Sharon Freidman | Level 1 11:30a-1:00p Jill Ousley | Level 1 9:30a-11:00a Kim Lacy | Level 1-2 11:30a-1:00p Suzette Scholtes | Restorative/ Therapeutic 10:30a-12:00p Theresa Goodman |
| YogaFun (ages 10-13) 1:30p-2:30p Rebecca Holland | Special Focus Parkinsons, Fibromyalgia, Arthritis, Cancer, Auto-Immune Challenges 4:00p-5:20p Suzette Scholtes | YogaFun (ages 3-5) 11:45a-12:30p Rebecca Holland | Level 1/ Restorative 5:45p-7:15p Suzette Scholtes | Special Focus Parkinsons, Fibromyalgia, Arthritis, Cancer, Auto-Immune Challenges 11:30a-1:00p Ann and Warren Tandoc | YogaFun (ages 3-5) 2:00p-2:45p Rebecca Holland | Workshops 12:30p-3:00p See Schedule |
| Mixed Level 4:00p-5:30p Kim Lacy | Level 2-3 5:45p-7:15p Suzette Scholtes | Restorative/ Therapeutic 1:00p-2:30p Suzette Scholtes | Restorative/ Therapeutic 7:30p-9:00p Nancy McMillan | Level 1 5:45p-7:15p Suzette Scholtes | Family YogaFun (all ages) 5:45p-6:45p Rebecca Holland | |
| | Yoga for Golfers 7:30p-8:45p Laura Last | NEW YogaFun (ages 6-9) 4:00p-5:00p Rebecca Holland | | Yoga for Golfers 7:30p-8:45p Laura Last | | |
| | | Level 1 Focus on Digestive Health 5:45p-7:00p Diane Doolin, RN | | | | |
| | | Level 1 7:30p-9:00p Suzette Scholtes | | | | |

YogaFun Classes begin February





CLASS DESCRIPTIONS

Fundamentals Intro to yoga basics for new students. Expert instruction and use of “props” make Yoga accessible and fun for all bodies.

Level 1 for new and continuing students. Focus on standing postures to bring elasticity to joints and muscles; builds stamina and stability, introduces forward bends and shoulder balance.

Level 1-2 ideal for students with some experience and healthy new students. Introduces arm balance, abdominal/lumbar poses; challenges of backbends, inversions and other poses.

Level 2-3 for experienced students. Explore the depth of poses.

Special Focus for students challenged with health issues such as noted on the class schedule.

Restorative/Therapeutic to relax and de-stress. Aids chronic pain, especially therapeutic for people recovering from illness or life transitions. Focus on modalities

that soften, strengthen and stabilize challenges in our bodies.

Level 1/Restorative combines gentle stretching poses that release tension and stress, coupled with poses that strengthen the skeletal-muscular system to enhance overall health.

Yoga for Golfers for students that wish to enhance their game by learning specific postures to strength and align the body.

YogaFun classes for kids and families are a great way to introduce yoga in a fun, kid-friendly way while building strength, agility, and skills for relaxation and concentration. We play yoga games, read stories and poems, complete yoga obstacle courses, and dance our way through themed classes.

Teachers Training Program with Yoga Alliance (see website or email Suzette@Everestkc.net) Programs are ongoing.

FEES AND REGISTRATION :: POLICIES AND GENERAL INFORMATION

CLASS PACKAGES:

| | |
|------------------------------------|-----------|
| 1 class | \$ 17.00 |
| 8 class pass - expires in 90 days | \$ 120.00 |
| 12 class pass - expires in 90 days | \$ 170.00 |
| 32 class pass - expires in 90 days | \$ 320.00 |
| One-Month Unlimited | \$ 130.00 |
| Six-Month Unlimited | \$ 750.00 |
| One-Year Unlimited | \$1100.00 |

Now accepting MC/Visa/Discover

Unlimited packages exclude workshops.

Classes un-used after the expiration date are forfeited.

Join any class at anytime. Classes are ongoing.

YogaFun Class Fees: Preschool: \$10 drop-in, \$35/month.

Ages 6-9 & 10-13: \$12 drop-in, \$40/month.

Family YogaFun (per family): \$16 drop-in, \$50/month.

Fashion. Wear comfortable clothing which does not inhibit your teachers ability to spot misalignments. We have changing areas and all the props and equipment you need.

Refunds. No refunds of classes/workshops.

Weather. We announce cancellations on the voicemail system. Call **913-492-9594** for updates.

Food. Do not eat heavily before a class.

Pregnancy. Pregnant women may take gentle, restorative or level 1.

Props & Equipment. All props are provided at the school.

YOUR FACULTY:

Suzette Scholtes - CYT E-RYT 500,
Owner/Director of Teachers Training

Sharon Freidman - CYT RYT 200,
Assistant Event Manager.

Nancy McMillan - CYT RYT 500

Jill Ousley - *becoming RYT 500*

Susan Richards - CYT RYT 500

Kim Lacy - *CYT Iyengar Certified*

Laura Kuchynka - CYT RYT 500

Arica Adams Guarente - *becoming RYT 200*

Laura Last - *CYT RYT 500, Registered Dietician*

Diane Doolin, RN - *CYT RYT 500*

Ann Tandoc - *CYT RYT 200*

Lienha Carleton - *CYT RYT 200,*
Assisting Business Manager

Karen Nease - *CYT RYT 200*

Theresa Goodman - *CYT RYT 500*

Nicole Clay - *becoming RYT 200*

Warren Tandoc - *becoming RYT 200*

Rebecca Holland - *becoming RYT 500*

CYT = Certified Yoga Teacher,

RYT= Registered Yoga Teacher, 200 = Level 1, 500 = Level 2

Visit our website for a more in-depth profile of our teachers and services offered.

**Contact us: info@theyogastudio.com :: 913-492-9594 :: www.theyogastudio.com
10400 W. 103rd Street, #14, Overland Park, KS 66214**