

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.

Note: Slow & Relax is vinyasa flow moving at a slow pace with focus on restorative poses and breathing to balance and calm.

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

Hot Vinyasa Level 1 Recommended for students who believe that they are "tight" or who are new to yoga and heated yoga. Room is heated to 85 degrees to help open the body and increase circulation. Basic vinyasa sequences. Students will learn how to concentrate and flow. Expect to sweat!

Hip Openers and Relaxation: Deep stretch class focused on opening the hips to free the lower back, hamstrings and spine. Breathing & relaxation techniques will restore and re-energize.

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!

Yin Yoga Yin Yoga targets connective tissue, specifically ligaments and tendons in the joints and spine. When lengthening these tissues, we increase the range of motion. Long, slow stretching!

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.

Yoga Nidra

Yoga Nidra is a scientific method of releasing tension from the physical body and from the subconscious and unconscious mind, which governs how we behave and relate to the world

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.

MARCH 2010



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 -*

March 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
10:00-11:30am	Yin Yoga-All Levels	Michele NEW!
4:30-5:45pm	Community Class (\$10)	Julie
4:30-5:45pm	(E)* Preteen Yoga 1/12-3/2)	Carla
6:00-7:30pm	Hot Vinyasa 85 degrees- All Levels	Susan
7:30-9:00pm	Hatha Yoga- All Levels	Marylou

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 NEW!
7:15-8:30pm	(E)* Prenatal Yoga (drop-ins welcomed)	Jessica
7:30-9:00pm	(E)* Yoga Fundamentals	Alicia

THURSDAY

10:00-11:30am	Vinyasa Flow-All Levels	Lisa
10:15-11:15am	(E)* Baby& Me (drop-ins welcomed)	Jheremy
4:30-5:45pm	Community Class (\$10)	Ugonma
4:30-5:45pm	(E)* Teen Yoga (1/14-3/4)	Carla
6:00-7:30pm	Hot Vinyasa 85 degrees-All Levels	Susan
6:30-7:25pm	Breathe & Meditation	Dave
7:30-9:00pm	Hot Vinyasa 85 degrees - All Levels	Stephanie
7:30-9:00pm	(E)* Yoga Fundamentals 2	Jessica

FRIDAY

9:30-11:00am	Hot Vinyasa 85 degrees -All Levels	Stephanie
6:00-7:30pm	Vinyasa Flow-All levels	Ugonma
6:30-7:45pm	Yin Yoga- All Levels	Michele NEW!

SATURDAY

8:00-9:10 am	Hatha Yoga- All Levels	Felicia
9:15-10:40 am	Vinyasa Flow - Level 1	Lisa
10:45-12:15pm	Vinyasa Flow - Level 2/3	Susan
12:30-2:00pm	(E)* Yoga Fundamentals	Julie

SUNDAY

8:00-8:55am	Breathe & Meditation (\$10)	Susan
9:00-10:30am	Vinyasa Flow- All Levels	Susan
10:45-12:15pm	Hatha Yoga - All Levels	Marylou
5:00-6:30pm	(E) Yoga Nidra-All Levels(drop-ins welcome)	Julie
5:15-6:15pm	Community Class(\$10)	Esteffany NEW!

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

Workshops

Preparing for Birth

Saturday March 13 1:00-3:00 pm

Bond as a family and get ready for the next chapter of your life

SpringsACominAsana Master Class

Saturday March 20 12:30-2:45 pm

Spring into yoga with a powerful practice

Refuge in Retreat

May 14-16

Relax and Rejuvenate in Chincoteague VA

hrive/Ishta Teacher Training

200/500 Teacher Trainings. Immerse yourself in the experience of yoga

Enrollment & Specialty Classes

Baby & Me 10-wk Sessions \$160

Thursdays, 10:00-11:15am

Feb 25- April 29

(E)* Prenatal Yoga 8 -wk sessions - \$128

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

Mondays 6:00pm- 7:15 pm

Feb 25- April 5

Wednesdays 7:15-8:30 pm

Mar 4- April 21

Just Added Saturdays 12:30-2:00pm

April 10- May 29

(E)* PreTeen Yoga (9-12yrs) 8 wks \$128

Drop-ins allowed \$20 (space permitting)

Tuesdays, 4:30-5:45pm Jan 12-Mar 2

Mar 9 - May 4 No class March 30

(E)* Teen Yoga 13+ 10 wks session \$160

Drop-ins allowed \$20 (space permitting)

Thursdays, 4:30-5:45pm, Jan 14-March 4

Mar 11-May 6 no class Apr 1

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

Weds, 7:30-9:00pm Jan 20- Mar 31

Saturdays, 12:30- 2:00pm

Jan 23- Mar20

(E)* Yoga Fundamentals II 5 week Session- \$80

Thursdays 7:30-9:00pm , March 4- April 1

(E)* Yoga Fundamentals II 4 wks mini session- \$64

Thursdays 7:30-9:00pm , March 11- April 1

(E)* NEW!Therapeutic Yoga 4-week Session \$64

Sundays 10:45-12:15pm

May 2- 23

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.