



**CuraYoga in Rice Village at New Living Schedule**  
**Donation Yoga – Powered by Generosity (\$10-\$15 suggested)**

monday	class	teacher	level
6:00-7:00pm	community heart flow	jon	all
<b>tuesday</b>			
9:15-10:15am	community heart flow	blair	all
6:00-7:00pm	community heart yoga	robin	all
<b>wednesday</b>			
No classes			
<b>thursday</b>			
9:15-10:15am	community heart flow	blair	all
6:00-7:00pm	community heart flow	amanda	int/adv
<b>friday</b>			
6:00-7:00pm	happiest hour vinyasa flow	christina	all
<b>saturday</b>			
9:00-10:00am	community heart flow	cathal	all
<b>sunday</b>			
11:00-12:00pm	community heart flow	rachel	all

Powered by Generosity - Your offering goes toward the invaluable traits of the health and well-being of body, mind, and spirit. Our instructors are highly trained and love to work with first time students, advanced yogis and everyone in-between. There are no expiration dates, contracts to sign, class cards that expire or fees.

We are grateful for your kind contribution, which should reflect the appropriate amount of abundance from which you can draw. All classes are donation-based with a "Suggested Donation" of \$10-15 per class. We accept Credit/Debit donations at the touch of a screen. We also accept cash in our donation box. If you can donate this amount (\$10-15), please do. If not, please donate what you can. We believe yoga should be affordable and accessible to everyone. Look for the touch screens, then sign in and donate. Have a great class!

**Houston's 1<sup>st</sup> All Donation Program!**

**Heights area – Spring Street Arts District Schedule**  
**ALL DONATION STUDIO**

monday	class	teacher	level
9:00-10:00am	vinyasa flow	stefani	int/adv
12:00-1:00pm	power flow	zach	all
5:45-6:45pm	hatha yoga basics	arielle	beg
6:45-7:45pm	piyolet	roslyn	all

tuesday	class	teacher	level
6:00-7:00am	sunrise & awakening (donation)	harry	all
9:30-10:30am	vinyasa flow yoga	jannell	int
5:45-7:00pm	power vinyasa flow	aline	int
7:00-8:15pm	vinyasa flow	cathal	all

wednesday	class	teacher	level
9:15-10:15am	vinyasa flow	blair	beg
5:30-6:30pm	intense slow flow	aline	beg
6:45-7:45pm	vinyasa flow & creative core	arielle	all

thursday	class	teacher	level
7:15-8:15am	piyolet	roslyn	all
10:00-11:00am	forrest flow	zach	all
12:00-1:00pm	lunchtime flow	cathal	all
5:30-6:30pm	power flow yoga	achim	int
6:45-7:45pm	soft vinyasa yoga	arielle	all

friday	class	teacher	level
6:00-7:00am	sunrise & awakening donation	harry	
9:00-10:00am	vinyasa flow yoga	stefani	all
12:00-1:00pm	yoking for recovery beyond 12 steps	robin	all
5:30-6:30pm	yoga basics & flow essentials	cathal	all

saturday	class	teacher	level
9:30-10:45am	creative core yoga	arielle	all
11:30-12:45pm	flow essentials	cathal	beg
6:00-8:30pm	cura canvas & cabernet (rsvp only)	various	all

sunday	class	teacher	level
10:30-11:45am	vinyasa flow	jon	all
6:00-7:15pm	deep relaxation/restorative yoga	harry	all
4:00-5:30pm	forrest power flow	zach	int

River Oaks	Spring Street Donation Studio	New Living (donation)
3641-C Westheimer Rd. Houston, TX 77027 713-839-9642	1824 Spring St. Houston, TX 77007 713-862-9642	6111 Kirby Dr. (Rice Village) Houston, TX 77005 713-839-9642

## River Oaks Schedule

monday	class	teacher	level
8:15-9:15am	intense vinyasa flow	mary s	int
9:30 -10:45am	open level strength & flex	aaron	all
12:00-1:00pm	vinyasa flow yoga	mary	beg/all
5:00-6:00pm	vinyasa, hips & healthy backs	blair	beg/all
6:15-7:30pm	shake your asana flow	zach	int/adv
7:30-8:30pm	power vinyasa flow	cathal	all
<b>tuesday</b>			
6:00-7:00am	power vinyasa flow	mary	int/adv
9:45-10:45am	vinyasa flow yoga	stefani	all
12:00-1:00pm	slow flow yoga - donation	alexis	all
4:00-5:00pm	flow essentials-the basics	liz	all/beg
5:00-6:00pm	vinyasa, hips & healthy backs	blair	beg/int
6:15-7:15pm	vinyasa flow	martha	int/adv
7:15-8:15pm	yin yang yoga	arielle	all
<b>wednesday</b>			
8:15-9:30am	vinyasa, hips & healthy backs	katalin	all
9:30 - 11:00am	open level yoga	amanda	all
12:00-1:00pm	slow flow yoga - donation	mary	beg/all
5:00-6:00pm	vinyasa flow	amanda	all
6:15-7:30pm	power vinyasa flow	jenny	int/adv
7:30-8:45pm	candlelight vinyasa flow	madonna	all
<b>thursday</b>			
6:00-7:00am	power vinyasa flow	mary	int/adv
8:15-9:15am	yoga for beginners	jeff	beg/all
9:30-10:30am	vinyasa flow yoga	jannell	all
12:00-1:00pm	slow flow yoga - donation	cathal	all
5:00-6:00pm	vinyasa, hips & healthy backs	blair	all
6:15-7:15pm	power vinyasa flow	blair	int/adv
7:15-8:15pm	power flow yoga	achim	all
<b>friday</b>			
8:15-9:15am	shake your asana	aline	all
9:30-10:45am	power/pralaya strength & flex	aaron	all
11:30-12:30pm	zumba	gale	all
5:45-6:45pm	power vinyasa flow	jenny	int/adv
<b>saturday</b>			
9:45-10:45am	vinyasa flow yoga + core	jannell	all
11:00-12:15pm	power vinyasa flow	jenny	int/adv
4:30-5:45pm	beginner forrest yoga	jeff	all
<b>sunday</b>			
9:30-10:45am	light asana and zen meditation	jeff	all
11:00-12:00pm	vinyasa, hips & healthy backs	katalin	all
4:30-5:30pm	power vinyasa flow	various	int
6:00-7:00pm	revitalizing vinyasa flow	mary	beg/all
7:30-8:45pm	vinyasa flow	jen p	all

### River Oaks Class Fees and Packages:

<b>1 class - \$15</b>	<b>unlimited monthly - \$125</b>
<b>5 classes - \$70</b>	<b>6 month unlimited - \$690</b>
<b>10 classes - \$130</b>	<b>one year unlimited - \$1344</b>
<b>20 classes - \$240</b>	<b>student unlimited - \$110</b>
<b>30 classes - \$330</b>	<b>student 10 pack - \$100</b>
<b>7 days unlimited \$30 NEW STUDENTS ONLY</b>	

## Upcoming Events

### Texas Yoga Conference

Feb 17-19, 2012

UH Recreation & Wellness Center  
[texasyogaconference.com](http://texasyogaconference.com)

Every Saturday Night

### Cura Canvas and Cabernet

Spring Street Studio  
 6-8:30pm

### Paradiso Concert

March 11<sup>th</sup>, 2012  
 Spring Street Studio  
 7:30-9:30pm

[www.curayoga.com](http://www.curayoga.com)

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