



JULY FOCUS – Class Levels
Basics Beginner - BB
Beginner Plus – B+

This month the schedule shows class levels for Basic Beginner (BB) and Beginner Plus (B+).

Basic Beginner (BB) Classes are for students

- New to yoga
- Wanting to deepen their foundational yoga skills
- Who prefer a more gentle/restorative yoga practice
- Who know the poses but choose to attend this level

Beginner Plus (B+) Classes are for students

- Familiar with the yoga poses
- Who would like to explore flowing poses (Vinyasa)
- Who like to learn new poses
- Who want to progress toward Intermediate Level yoga

In BB & B+ detailed instructions will be given. You may find that you prefer a BB class even though you are capable of doing most any yoga pose. On the other hand, you may be ready to move on in your practice, so the B+ class is the better fit.

Either choice can change with your needs and you are welcome to adjust your attendance accordingly.

texasyogacenter.com
281-859-5566

We are consolidating our Cypress Studio with Copperfield during July, so no Cypress Studio for July.

We plan on opening in a new location at 290 & Spring Cypress by September and have demo classes in August. Thank you for your patience.

Common Sense Eating Guidelines

Eat whenever you are hungry but when you are not hungry, don't eat!!!!

If you were driving past a gas station and noticed that you were low on fuel, it would make perfect sense for you to pull into the station and fill your tank. But suppose that as you were driving past the station you look at your gas gauge and saw that your tank was full. If you still pulled into the station and attempted to put gas into your tank, this would not be productive behavior. It is would provide no benefit to the car, and soon it would start to make a mess. Even you would know that it was not in your best interest. *Yet this is what takes place when you eat when you're not hungry.*

Unlike the gas tank of a car, the stomach requires some room to allow proper digestion. If there is no room left in the stomach, you'll experience discomfort, distention, heaviness, and improper digestion. Consistently eating until the stomach is entirely full produces metabolic toxins for the physiology and ultimately leads to obesity.

Be mindful as you eat and let comfort be your guide.

COPPERFIELD JULY			
JULY 2011		CLASS SCHEDULE	
	AM	Afternoon	PM
Monday	10:30 B+ Jackie		5:45 BB Barbara
			7:00 B+ Linda
Tuesday	9:00 B+ Barbara	3:00 B+ Jackie	7:00 Intermediate Jana
Wednesday	9:00 BB Barbara		5:45 B+ Linda
			7:00 BB Barbara
Thursday	9:00 –Tim Core Strength		7:00 Intermediate Jana
	10:30 B+ Jackie		
Friday	9:00 B+ Linda	3:00 BB Barbara	Moved to Tues. 7pm
Saturday	9:00 B+ 10:30 BB	BB –Basic Beginner B+ Beginner Plus	

Monthly Yoga Rates~Copperfield & Cypress

2 classes per week	\$80 monthly
UNLIMITED CLASSES	\$90 monthly
Class Cards up to 10 classes	\$12/class Summer Special – Good through August
Yogi's 60 & up 2 classes/wk	\$65 monthly
UNLIMITED	\$75 monthly
Student Rate 2 classes/wk	\$65 monthly
UNLIMITED	\$75 monthly
Family Rate 2 classes/wk	\$80 1 st person \$60 2 nd person
Drop-In	\$15/class
MOM & ME Children purchase special class card \$8/class and attend the regular yoga class with a parent	

Copperfield 7620 – F Cherry Park (Longenbaugh)