

new to yoga

fundamentals
meditation
gentle yoga
restorative
svaroop® yoga
kundalini yoga
morning sadhana
yoga nidra

prenatal yoga
mommy + me
yin/yang stretch
pilates
lunch yoga
open to all
yoga fusion
yin yoga

done some yoga anything above plus

open sivananda
vinyasa
power hour
slow flow
happy hour yoga

ashtanga vinyasa
dharma® 2/3
anusara inspired
mediation in motion

experienced yogi

sunrise vinyasa
dharma® 4

expanded vinyasa
rocket yoga

offerings

group yoga classes
private yoga lessons
birthday parties
bridal showers

bachelorette parties
wedding parties
wellness workshops

bodywork

pranassage

thai yoga therapy

pricing

Drop-In	\$18
New Student Pass	\$40
three classes in 3 weeks	
5-class Pass	\$80
10-class Pass	\$160
12-class Pass	\$180
all 5, 10 & 12 class passes are good for 108 days, are non-refundable and non-transferable.	
30-day Monthly Unlimited	\$150
6 or 12-month Unlimited	\$120/mo

for pre-paid contracts, please contact us

We accept cash, checks, visa & mc.

All passes have expiration dates (from date of activation) without exception.

Purchases are non-transferable, non-refundable & non-extendable.

policies

drop-ins are always welcome!

beginners, go to fundamentals 1-3 x each week,

be early & on time for class.

come with an empty tummy, a smile & dressed for movement.

we have a variety of props. please bring your own yoga mat. mats are also sold in our boutique.

workshops + events

New Year, New You: Start 2012 with Pure Prana with Natasha Hennessy

Sunday, January 1

Resolve to Restore with Debby Cook and Melanie El-Sabaawi

Saturday, January 7

Practice with Props with Debby Cook

Saturday, January 21

Kundalini Workshop: Permanent Happiness Victory over Adversity with Sat Kartar

Saturday, January 28

Ayurveda and Yoga: A Complete Discipline Linked by Prana with Lenore Mullin, Ph.D

Sunday, January 29

Acu-Yoga for Low Back, Hips and Knees

Saturday, February 4

Pranassage Your Valentine - Partner Bodywork Experience for Couples in Love with Jennifer O'Sullivan

Saturday, February 11

Yin Yoga & 7 Crystal Singing Bowls with Jeannine Dietz

Sunday, February 26

Find Your Inner Bollywood with Dhoonya Dance

Saturday, March 17

DC Supersonic Kirtan

Saturday, March 17

retreats

Maya Tulum February 18 – 25, 2012

holistic teacher training (YA Certified)

200 hr Holistic Teacher Training September – December 2012

for more info on all our offerings visit pureprana.com

pure prana YOGA STUDIO

honor your body & mind

set resolutions, take pictures, journal, sip tea, take your vitamins, make soup from scratch, dance, learn something new, visit a museum, shovel the snow, plan a yoga retreat, stack firewood, curl up by the fire, put whipped cream & marshmallows on hot chocolate, finish taxes early, hydrate your skin, take a nap, read a book, go skiing, build a snowman, knit a scarf light candles, wear arm warmers, meditate on your intentions, watch the light return, breathe deeply

WINTER 2012

January 1 – March 17

100 s. patrick street
alexandria, virginia 22314

info@pureprana.com

pureprana.com

703.836.PURE (7873)

pure prana
**YOGA
STUDIO**



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january 1 – march 17

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sunday		monday		tuesday		wednesday		thursday		friday		saturday	
8:00-9:00am Ⓟ	Tai Chi Dante	5:00-7:20am Ⓚ	Kundalini Morning Sadhana Keihar Kaur	6:00-7:00am Ⓟ	Power Hour Paula	6:00-7:00am Ⓟ	Power Hour Katy	6:00-7:00am Ⓟ	Power Hour Paula	6:00-7:00am Ⓟ	Power Hour Katy/Liz	7:45-9:15am Ⓟ	Sunrise Vinyasa Jen
9:15-10:45 Ⓟ	Expanded Vinyasa Tina	6:00-7:00 Ⓟ	Power Hour Katy	9:30-10:45 Ⓟ	Open to All Sam	6:30-7:30 Ⓚ	Meditation Mimi	9:30-10:45 Ⓟ	Open to All Sam	9:00-10:15 Ⓟ	Anusara- Inspired™ Megan	8:00-9:15 Ⓚ	Stretch & Conditioning Paula
9:30-10:45 Ⓚ	Gentle Yoga Vivian	9:30-10:45 Ⓟ	Ashlanga Vinyasa Brigitte	11:00-11:45 Ⓟ	Mommy & Me Johanna	9:30-10:45 Ⓟ	Ashlanga Vinyasa Jen	10:00-10:45 Ⓚ	Mom & Tot Cristina	9:30-10:45 Ⓚ	Ashlanga Vinyasa Brittanie	9:30-10:45 Ⓟ	Open Sivananda David
11:00-12:00 Ⓟ	Stretch & Conditioning Tina			11:00-12:00 Ⓚ	Pilates Katy			11:00-11:45 Ⓟ	Mommy & Me Cristina	10:30-11:30am Ⓟ	Myofascial Release w Balls Megan	9:45-11:00 Ⓚ	Fundamentals Debby
11:00-12:15 Ⓚ	Slow Flow Melissa											11:00-12:15 Ⓟ	Vinyasa Lewis
12:15-1:30pm Ⓟ	Rocket Yoga Vivian	12:15-1:15pm Ⓟ	Lunch Yoga Jen	12:15-1:30pm Ⓟ	Yoga Fusion Natasha	12:15-1:15pm Ⓟ	Lunch Yoga Vivian	12:15-1:30pm Ⓟ	Yoga Fusion Natasha	12:15-1:15pm Ⓟ	Lunch Yoga Jen	11:15-12:30 Ⓚ	Prenatal Yoga Elena
12:30-1:45 Ⓚ	Meditation in Motion Claudia	12:15-1:15 Ⓚ	Prenatal Yoga Christy							2:30-4:00 Ⓟ	Dharma® 4 Brittanie	12:30-1:45pm Ⓟ	Open to All Rachel
							4:30-5:45pm Ⓚ		4:30-5:45pm Ⓟ				
5:00-6:15pm Ⓟ	Open to All Jessica	4:30-5:45pm Ⓟ	Happy Hour Yoga Melissa	4:30-5:45pm Ⓟ	Happy Hour Yoga Sam	5:00-6:15 Ⓟ	Kundalini Yoga & Gong Natasha	4:30-5:45pm Ⓟ	Happy Hour Yoga Sam	4:30-5:45 Ⓟ	Happy Hour Yoga Christy	2:30-3:30pm Ⓚ	Pilates Katy
6:30-7:45 Ⓟ	Meditation Mimi	6:00-7:15 Ⓚ	Kundalini Yoga Sat Siri	6:15-7:30 Ⓟ	Fundamentals Mina	6:00-7:00 Ⓚ	Prenatal Yoga Brigitte	6:15-7:30 Ⓚ	Open to All Melanie	6:00-7:30 Ⓟ	Expanded Vinyasa Ishtar	4:00-5:30 Ⓚ	Yin Yoga Danielle/Liz
		6:15-7:30 Ⓟ	Vinyasa Brittanie	6:30-7:45 Ⓚ	Dharma 2/3® Justin	6:30-7:45 Ⓟ	Vinyasa Lewis	6:30-7:30 Ⓟ	Pilates Katy	6:15-7:45 Ⓚ	Candlelight Restorative Melanie		
		7:30-9:00 Ⓚ	Svaroopa® (restorative) Annie	7:45-9:00 Ⓟ	Slow Flow Mina	7:30-9:00 Ⓚ	Yin/Yang Stretch Jen	7:45-9:15 Ⓟ	Dharma 2/3® Brittanie				
		7:45-9:00 Ⓟ	Pre & Postnatal Yoga Elena	8:00-9:00 Ⓚ	Yoga Nidra Justin	8:00-9:15 Ⓟ	Kundalini Yoga Sat Kartar	7:45-9:00 Ⓚ	Fundamentals Rachel				



always be sure to check our live schedule online as this is subject to change periodically

