

Schedule:

	M/W	T/TH	FRI	SAT / SUN
6am	*	*	*	
7am				*
9am	*	*	*	*
11am				*
12pm	*		*	
4:30pm	*	*		*
5:30pm			*	
6:30pm	*	*		

Please arrive 15 minutes prior to class
Classes are 90 minutes long

Fees:

Drop In	\$16
Drop In *Student Or Senior	\$12
10 Class Card	\$120
35 Class Card	\$340
1 Month Unlimited	\$135
3 Month Unlimited	\$340
Autopay 6mo. + \$49 Setup	\$105
Autopay 12mo. + \$49 Setup	\$79
1 Year Annual Prepaid	\$1,125

*Full-time Student Under 25/ Senior Over 65,
Valid Student and State Id Required

All Class Cards valid 1 year from purchase date
Non-refundable, non-transferable, non-sharable,
non-extendable

Directions:

We are located on San Pablo Ave., at Central Ave.
1/4 mile east of Highway 80
One block from the El Cerrito Plaza Bart Station

10078 San Pablo Avenue El Cerrito, CA 94530
www.elcerritoyoga.com

THE HEAT IS ON!

10078 San Pablo Avenue
El Cerrito, CA 94530
510.525.1441



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INTRO SPECIAL
30 Days for \$29
new students only



Voted calmest yoga studio
in the Bay Area!

Director: Algiin Ford ~ 510.525.1441
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Tips ~ Preparing for Class

Students of all levels are welcome.

Please arrive at least 15 minutes early.

Drink plenty of water before class, get ready to sweat!

Refrain from eating 1-3 hours before class.

Wear light, comfortable clothes.

Bring a yoga mat, large bath towel and a bottle of water.

Rental mats, towels and water are available.

We have 2 showers and 4 changing rooms.

Why use the heat?

Provides greater flexibility

Flushes toxins out of the body

Increases cardiovascular activity

Promotes relaxation and well-being

Facilitates calorie burning



About El Cerrito Yoga:

Our Beginning Yoga Class is a demanding series of 26 postures (asanas) and two breathing exercises (pranayamas), which is suitable for all ages and levels of ability. Each posture stretches and strengthens specific muscles, ligaments and joints needed for the next posture. The series also stimulates the organs, glands and nerves, moving fresh oxygenated blood to 100% of the body, restoring all systems to a healthy working order.

This 90 minute program is designed to deliver total health through the balancing and strengthening of every system in the body in order to prevent illness, injury and limit the effects of aging. In addition, the series of postures combine skills of concentration, patience, determination and self control, which lead to increased mental clarity and reduced stress.

Our Beginning Yoga Class is done in a heated room (aprox. 100-105f) to warm your muscles, prevent injury, allow a deeper workout and cleanse the body by flushing toxins.