

Class Descriptions

BEGINNER DEVA

Open yourself to the vast world of Yoga! These classes teach the deep fundamentals of asana in a supportive atmosphere.

CLASSIC DEVA

Our signature class- weaves intelligent sequencing, precision of alignment, the dharma, music, and poetry into a seamless Yogic journey from the outer body to the innermost subtle "blue sky" body. This is an intermediate level class and assumes the yogi has been practicing for a minimum of six months.

YOGA ATHLETICA

For surfers, tennis players, triathletes, golfers and more, this class addresses the specific needs of the athlete's body. Still a great workout, you will move through a series of poses in a vinyasa style (flowing) format, while opening up the hips and hamstrings, shoulders, spine and more!!

ASHTANGA DEVA

Move through primary or secondary series, as taught by Sri K Patabhi Jois, using ujjayi breath to support continuous movement to create deep, purifying heat in the body. Some yoga experience recommended.

SURFER YOGA

Created and taught by Jimmy Minardi, yogi and athlete. Principles of stability/mobility, effortless effort, and other minardi themes will be taught and explored in a challenging vinyasa style class guaranteed to benefit you in any sport!

RESTORE DEVA

This class emphasizes the use of props and longer held asanas, as well as incorporating meditation, in an effort to calm the nervous system and ease the body and mind into a state of deep relaxation. FOR ALL LEVELS!

MOMMA DEVA

Designed for women who are pregnant or hoping to conceive, this class will emphasize honouring the body's wisdom with a wide range of asanas. Tuesday at 11:30am, taught by Jessica.

KamaDeva Yoga

KamaDeva Yoga is a blessed oasis located in the heart of East Hampton Village. Classes are deliberately designed to insure that all students receive the care and personalized attention they need in order to deepen their practice. Study and learn from some of the best teachers in the country right here in East Hampton! **Director:** Jessica Bellofatto

Class Prices

Single Class \$25

5 Class Card \$100 / 10 Class Card \$190

20 Class Card \$340 / 40 Class Card \$640

(All class cards are 1 year expiration)

The Best Unlimited Yoga Deal in the Hamptons:

\$108/month for unlimited yoga classes

(Requires 4 months minimum commitment)

Fantastic Intro Offer for Brand New Students:

\$90 for 90 Days of UNLIMITED CLASSES!

Please note that all class cards are non-refundable.

Yoga Classes for Beginners

Monday, Tuesday, and Friday, 12:30-1:30pm,

Saturday 1-2pm and Sunday 11:30-12:45pm

These classes are for total beginners or those wishing to reacquaint themselves with the basic yoga postures.

Workshops & Retreats

SUP/YOGA/SURF IN RINCON, PUERTO RICO

Several dates in April and May, 2012

NOSARA, COSTA RICA

Yoga, surf and amazing food with Jessica Bellofatto & Adam Kelinson: Several dates January through April 2012

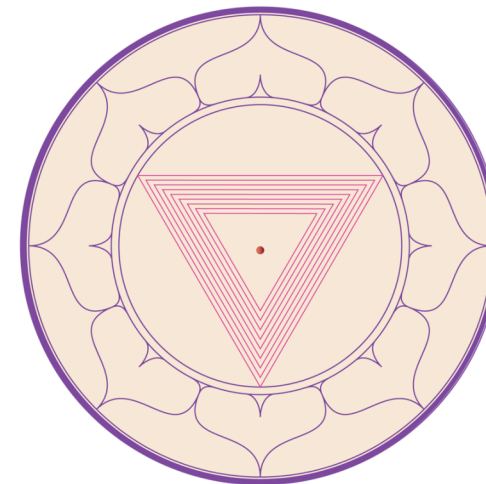
TULUM, MEXICO

Annual yoga retreat with Jessica Bellofatto

February 5-11, 2012

Please check kamadevayoga.com for more details and to subscribe to our monthly email newsletter.

KamaDeva Yoga
god of love



Fall 2011 Schedule

\$90 for 90 days of Yoga is BACK!

66 Newtown Lane, 2nd Fl
East Hampton, NY 11937
631.604.1382

kamadevayoga.com

FALL CLASS SCHEDULE 2011

KamaDeva Yoga

Reservations can be made online at kamadevayoga.com

24 hour cancellation policy on all reservations made

Classes subject to change; please check website or call us at 631.604.1382

66 Newtown Lane, 2nd Fl

East Hampton, NY 11937

(Entrance in the rear)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:15am Kate Rabinowitz CLASSIC DEVA		8:15-9:15am LeighAnne Eberle CLASSIC DEVA		8:15-9:15am LeighAnne Eberle CLASSIC DEVA	8:30-9:45am LeighAnne Eberle CLASSIC DEVA	8:30-9:45am Mitten LEVEL 1/2 DEVA
9:30 – 10:45am Jenna Minardi CLASSIC DEVA	9:30-10:45am Jessica Bellofatto CLASSIC DEVA	9:30 – 10:45am Beryl Bender Birch ASHTANGA DEVA	9:30 – 10:45am Marissa McNaughton CLASSIC DEVA	9:30 – 10:45am Jenna Minardi CLASSIC DEVA	10:00 – 11:15am Jessica Bellofatto CLASSIC DEVA	10:00 – 11:15am Jennifer Frasher CLASSIC DEVA
12:30 – 1:30pm Mitten Wainwright BEGINNER DEVA	12:30 – 1:30pm Jessica Bellofatto BEGINNER DEVA	12:30 – 1:30pm Beverley Murphy LEV 1-2 DEVA	12:30 – 1:30pm Kate Rabinowitz CLASSIC DEVA	12:30 – 1:30pm Jessica Bellofatto BEGINNER DEVA	1:00-2:15pm Roey Ficaro BEGINNER DEVA	11:30-12:45pm Jenna Minardi RESTORE DEVA
				4:00-5:30pm Dwight Garcia CLASSIC DEVA	4:00-5:15pm Megan Chaskey RESTORE DEVA	
7:30pm REIKI HEALING CIRCLE facilitated by Steve Anderson By donation	6:00-7:15pm Megan Chaskey NAAM YOGA		6:00 – 7:15pm Jimmy Minardi SURFER YOGA		5:30-7:00pm Martha Evenson JIVAMUKTI YOGA	4:00-5:30pm Martha Evenson JIVAMUKTI YOGA
		7:15 – 8:15pm Melissa Fedi KamaDeva Restorative Level 1				

Find KamaDeva Yoga on Facebook!

Check our website for details of our fantastic **\$90 for 90 Days of Yoga for Brand New Students!** And for committed KamaDeva Yoga regulars it's only **\$108/Month for Unlimited Yoga!** Check kamadevayoga.com for full details on both special deals.