

Yoga to the People™

12 St. Marks Place, 2nd Floor (2R), New York, NY 10003 ph. 917.573.YOGA (9642)

~*Yoga to the People* is a unique yoga studio with the goal of recapturing what we consider to be the essence of yoga... simply put, yoga made available to everyone.

In a time where yoga as a business is getting a lot of attention, the fact that it is being priced out of many people's reach is in direct conflict with what we consider to be the *spirit* of yoga itself. The question our studio seeks to answer is: Can a yoga studio maintain itself as a business while keeping the focus of its intention on providing yoga as a service first and foremost?

Exactly what does "yoga for everyone" mean?

We've heard from people all over the country that they simply can't afford to do yoga on a regular basis. Yoga is an amazing form of exercise that helps strengthen, stretch and de-stress the body and focus and decompress the mind. We want to make it possible for everyone to do yoga regardless of economic limitations.

~Yoga is meant to help strengthen and stretch your arms and legs, not cost you one!

What does "donation basis" mean and how does it work?

A donation is the sacred act of giving. There is a suggested donation of \$10 a class. Suggested donation means that if you can put \$10 in the box, please do. If you are not in a position to do so, contribute what you can. Nobody will be keeping track of individual donations. The \$10 dollar donation is not meant as a bottom or a top limit... if you are in a position to donate more, it will be greatly appreciated.

Who does this yoga?

Everyone. Really! The beauty of this yoga is that it is challenging enough for all, yet not too extreme and therefore accessible to everyone. The ages of our students have ranged from 10 to 80. Yoga has many benefits:

~People do yoga because it helps them look and feel great.

~Yoga helps tone and sculpt muscles while gaining strength, flexibility and balance.

~In a world of stress, yoga helps people decompress and achieve a sense of inner peace, aiding in healing injury or disease.

What kind of yoga is this?

Our classes are a **Power Vinyasa Flow** inspired by Bryan Kest, a profound teacher who has found the balance between effort, awareness and breath. The emphasis is placed on yourself, not on any particular teacher. "This yoga is for you!"

What can I do to help?

Try our class... if you like it, tell your friends, tell your family, tell everyone about ~*Yoga to the People!*

* Schedule *

Monday thru Friday

12 Noon, 6:00p, 7:30p*

*No 7:30 class on Friday

Saturday

12 Noon

Sunday

12 Noon (90min), 5:00p

All classes are 60 minutes
unless otherwise noted.

Classes \$10 *suggested donation*
Mat Rental \$ 2

Arrive to class a few minutes early. Our classes begin promptly on time... no late arrivals.

Please turn off your phone when you arrive. All cell phone use is to be done outside of the studio and reception area.

Please do not apply perfume, scented oils or lotions just prior to entering the studio. Some students have odor sensitivities and/or allergies.

Have fun! There is no judgment, no fashion show... just a great workout and great people!

* Directions *

Located on St. Marks Pl. between 2nd and 3rd Ave., the studio is easily accessible by subway. The 6 train stops half a block from the studio at Astor Place. The R/W (and the N on weekends) stop at 8th St. and Broadway, only two short blocks away.

www.YogaToThePeople.com
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Email: Info@YogaToThePeople.com

