effective Nov 2014
westport

kaiayoga
complete wellness center
life more pure.

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
early am	8:00 - 9:15am Therapeutics 8:15 - 9:15am Hot Vinyasa Open Level	6:15 - 7:15am Hot Vinyasa Open Level 8:15 - 9:15am Hot Vinyasa Open Level	6:15 - 7:15am Hot Vinyasa Open Level 8:15 - 9:15am Hot Vinyasa Open Level	6:15 - 7:15am Hot Vinyasa Open Level 8:15 - 9:15am Hot Vinyasa Open Level	6:15 - 7:15am Hot Vinyasa Open Level 8:00 - 9:15am Therapeutics 8:15 - 9:15am Hot Vinyasa Intermediate	8:15 - 9:30am Hot Vinyasa Open Level 8:45 - 9:45am Prenatal Yoga	8:15 - 9:30am Hot Vinyasa Open Level 8:30 - 9:45am Vinyasa Intermediate
morning	9:30 - 10:45am Gentle 9:30 - 10:45am Hot Vinyasa Intermediate 9:30 - 10:45am Vinyasa Intermediate 11:00 - 12:00pm Prenatal Yoga 11:15 - 12:45pm Foundations	9:30 - 10:45am Hot Vinyasa Intermediate 9:30 - 10:45am Kripalu Flow 9:30 - 10:45am Vinyasa Intermediate 11:00 - 12:15pm Gentle	9:30 - 10:45am Vinyasa Intermediate 9:30 - 10:45am Hot Vinyasa Intermediate 11:00 - 12:15pm Gentle	9:15 - 10:45am Foundations 2 9:30 - 10:45am Hot Vinyasa Intermediate 9:30 - 10:45am Kripalu Flow 9:30 - 10:45am Vinyasa Intermediate 11:00 - 12:15pm Gentle	9:30 - 10:45am Vinyasa Intermediate 9:30 - 10:45am Hot Vinyasa Open Level 11:00-11:45am Mommy & Me (crawling-18 mo) 11:00 - 12:15pm Gentle	9:00 - 10:15am Vinyasa Open Level 9:45 - 10:45am Hot Vinyasa Open Level 10:00 - 11:15am Kripalu Flow 10:30 - 11:45am Vinyasa Intermediate 11:30 - 12:45pm Gentle	10:00 - 11:00am Family Yoga (once/month, check online for dates) 10:00 - 11:15am Hot Vinyasa Intermediate 10:00 - 11:00am Vinyasa Basics 10:00-11:15am Vinyasa Intermediate 11:00 - 11:20am Free Meditation Group 11:30 - 12:45pm Gentle
lunch	12:30 - 1:30pm Hot Vinyasa Open Level 12:30 - 1:30pm Vinyasa Open Level 2:00 - 3:15pm Kripalu Flow	12:30 - 1:30pm Hot "Hands Free" Flow 12:30 - 1:30pm Vinyasa Open Level 2:00 - 3:00pm Yin Yoga	12:30 - 1:30pm Hot Vinyasa Open Level 12:30 - 1:30pm Vinyasa Open Level 2:00 - 3:15pm Kripalu Flow	12:30 - 1:30pm Hot Vinyasa Open Level 12:30 - 1:30pm Vinyasa Open Level	12:30 - 1:30pm Hot Vinyasa Open Level 12:30 - 1:30pm Vinyasa Open Level 2:00 - 3:00pm Yin Yoga	12:00-12:45pm Baby & Me (6 wks-crawling) 2:00 - 3:15pm Hot Vinyasa Open Level	12:00 - 1:00pm Hot Vinyasa Open Level
afternoon	3:30 - 4:45pm Vinyasa Open Level 5:15 - 6:15pm Hot Vinyasa Intermediate	4:00 - 5:00pm Hot Vinyasa Intermediate 4:15-5:15pm Kids Yoga (4-7 yrs)	4:30 - 5:30pm Vinyasa Basics 5:15 - 6:15pm Hot Vinyasa Intermediate	3:30 - 4:45pm Vinyasa Open Level	5:00 - 6:15pm Vinyasa Intermediate	4:00 - 5:00pm Hot Vinyasa Intermediate 4:00 - 5:15pm Vinyasa Open Level	4:00 - 5:15pm Hot Vinyasa Intermediate
evening	6:00 - 7:15pm Vinyasa Intermediate 6:30 - 7:30pm Prenatal Yoga 6:30 - 7:45pm Yin Yoga	6:00 - 7:00pm Vinyasa Basics 6:15 - 7:30pm Vinyasa Intermediate 6:30 - 7:30pm Hot Vinyasa Open Level	6:00 - 7:15pm Vinyasa Open Level 6:30 - 7:30pm Prenatal Yoga	6:00 - 7:00pm Vinyasa Basics 6:15 - 7:30pm Vinyasa Intermediate 6:30 - 7:30pm Hot Vinyasa Open Level	5:15 - 6:15pm Hot Vinyasa Open Level 6:30 - 8:00pm Yin Yoga w/ Meditation		5:00 - 6:15pm Vinyasa Open Level 5:30 - 7:00pm Restorative w/ Meditation
night	6:45 - 7:45pm Hot Vinyasa Open Level	7:45 - 8:45pm Hot Vinyasa Open Level	6:45 - 7:45pm Hot Vinyasa Open Level 7:30 - 8:30pm Vinyasa Basics	7:45 - 8:45pm Hot Vinyasa Open Level			

*See online schedule for kids series

kids & family classes

suitable for beginner

hot yoga

For up to date schedule including subs and cancellations please visit our website :: kaiayoga.com

class descriptions

foundations :: pure align
Multi-level class. Learn to build a strong foundation for each posture, with long holds and detailed alignment.

foundations 2 :: pure align
Long holds supported with props. Detailed alignment. For those that have a strong yoga practice.

gentle :: pure support
Develop a strong foundation in standing poses, balancing, twists and restorative. Not a lot of down dog or plank. Supportive class for injuries.

kripalu flow :: pure kripalu
Blends a meditative focus with a creative flow of gentle vinyasa, emphasis on breath and sensation to awaken prana.

hot "hands free" flow :: pure support
An open level challenging class that is easy on the wrists, arms and shoulders - almost no downward dog or vinyasa flow sequences. Held in our 95 degree hot room.

hot vinyasa open level :: pure evolution
Suitable for advanced beginners and more seasoned practitioners. Modifications will be offered to step your practice up or down depending on your experience. Step up your practice and sweat in our 95 degree hot room.

hot vinyasa intermediate :: pure boost
Balanced practice to explore the edge and find center. Play with arm balances and inversions in our 95 degree hot room.

therapeutics yoga :: pure support
Therapeutic yoga is a carefully designed combination of gentle yoga, mindful-awareness exercises, and breath work in restorative yoga poses. Works at the root cause of any postural imbalances and to heal the body from injuries.

late policy
Class starts on time. No late entry to class 10 minutes after the start time for safety reasons.

restorative w/ meditation :: pure rest
Bolsters, blankets and blocks supporting you in every blissful resting pose! Incorporates pranayama. A short seated meditation ends this class.

vinyasa basics :: pure foundation
Learn plank, downdog and cobra, start to understand the basics of vinyasa yoga. Build strength, breath, and flow.

vinyasa open level :: pure evolution
Suitable for advanced beginners and more seasoned practitioners. Modifications will be offered to step your practice up or down depending on your experience.

vinyasa intermediate :: pure boost
Balanced practice allowing space to explore the edge and find center. Play with arm balances and inversions.

yin yoga :: pure opening
Deep practice holding poses to stimulate the body's connective tissue and create greater flexibility. Lots of hip and hamstring poses. Complements more vigorous styles and sports.

prenatal yoga :: pure expecting
Great class to introduce you to the benefits of yoga during your pregnancy. Options for all levels.

aerial yoga :: pure opening
Aerial 101 - Using an aerial hammock, we'll explore movement from a whole different perspective! Prepare to strengthen, stretch and soar in this 75-minute class. No Aerial Yoga experience necessary. Yoga experience is helpful, but not required.

Mellow Flow - Designed for students of all levels who crave some stress-busting, heart-warming escape. Using the aerial hammock, we elevate classic yoga postures to a whole new level of "Om." We'll spend some quality time upside down to rejuvenate the body, re-hydrate the spine and bring blood to the brain leaving plenty of time for stretching and a long, nourishing savasana.

pricing

$30 for 30 days of Unlimited Yoga
valid for local residents new to Kaia Yoga and available for purchase on your first visit only. 30 days activates on date of purchase.

$22 Drop In

$129 Monthly Unlimited Membership
Auto-billing contract - minimum 3 month commitment

$195 for 10 Class Card
expires 3 months from first use

$340 for 20 Class Card
expires 6 months from first use

*Please inquire for Aerial Yoga pricing and schedule

kaia kids playroom
The Kaia Kids Supervised Playroom offers a safe and inviting space for children ages 6 weeks through 6 years. Space is limited so please register as far in advance as possible. To register please call 203.532.0660. At this time, no online registration is available. The cost is $20 for two hours for one child and $12 for two hours for each sibling. Packages of 10 and 20 are also available.

wellness
Private yoga for groups or individuals, birthday parties, and wellness services like acupuncture, massage, reflexology, reiki, thai yoga bodywork and ayurvedic therapies are all available upon request. For more information, see our website or inquire at the desk during your next visit.

corporate programs
Please inquire for details.

complete wellness center
kaiayoga
life more pure.

Please see the website for more info :: kaiayoga.com