

AlisonHinksYoga.com January 2011	Owner/Public Face	Types of Yoga	Cost of drop-in class	First Class Free	New Student Special	accept credit cards	home studio or public space	Temp	Usual class size	Mats to borrow	Towels to use	water available	Students expected to know Sanskrit	Chanting	Emphasis on yogic texts and ethical precepts during class
<b>DURHAM</b>															
Ashtanga Yoga Club Durham	<i>Suzanne Faulkner</i>	Ashtanga	all classes donation	all classes donation	all classes donation	N	home	warm (68-78 degrees)	small (3-9)	Y	Y	unfiltered water fountain	No, we always translate Sanskrit	A little chanting	Some
Bikram Yoga Durham	<i>Ralph Newman and Mani Tyler (director)</i>	Bikram	\$20 (\$15 students/seniors)	N	one week unlimited \$25	Y	public	very hot (over 88 degrees)	x-large (21 or more)	avail. to rent	avail. to rent	filtered water fountain	No, we never use Sanskrit	No chanting	A little
Blue Point Yoga Center	<i>Sara Doyle</i>	gentle, restorative, flow, power flow, Prenatal	\$15	Y	25% discount on first class package	Y	public	warm (68-78 degrees)	medium (9-15)	Y	N	bottled water for sale	No, we always translate Sanskrit	Just an OM	A little
Hatha House	<i>Jo-Anna and Tom Spector</i>	flow, Sivananda, Iyengar, Prenatal	\$12	N	N	N	home	warm (68-78 degrees)	small (3-9)	Y	N	filtered water fountain	No, we never use Sanskrit	No chanting	A little
InsideOut Body Therapies	<i>Deborah M.</i>	yoga, pilates, Gyrotonic, Gyrokenisis, rolfing, Tai Chi, accupuncture, massage	\$15				public								
Nataraja Healing Arts	<i>Dan and Satya Streib</i>	gentle, restorative, flow, power flow, Qigong, Ashtanga, Prenatal yoga	donation: pay what you can	donation also allows for free	donation: pay what you can	N	public	depends on the weather	medium (9-15)	Y	Y	filtered water fountain	No, we always translate Sanskrit	A little chanting	Some
Patanjali's Place	<i>Bryan Carey</i>	gentle, restorative, flow, power flow, Zumba, Nia, Kid's yoga, Prenatal, Baby, Toddler, Preschool, Family	\$15	N	Seasonally	Y	public	depends on the weather	small (3-9)	Y	N	filtered water fountain	No, we always translate Sanskrit	Some chanting	Some
Ride the Breath	<i>Kathy Hallen and Fran Slavich</i>	Ashtanga, Krama Vinyasa	\$15	N	3 classes \$25	Y	home	hot (78-88 degrees)	medium (9-15)	Y	Y	unfiltered water fountain	No, we always translate Sanskrit	A little chanting	A lot
SYNCSTUDIO	<i>Ashley Lively and Christine Wall</i>	power flow, Kid's yoga (also spin)	\$15	Y	N	Y	public	hot (78-88 degrees)	medium (9-15)	Y	Y	filtered water fountain	No, we always translate Sanskrit	Just an OM	A little
Yoga in the Hood	<i>Daya Breckenridge</i>		\$15				home								
Yoga Practice Center	<i>Donna Norfolk</i>	gentle, restorative, flow, power flow, Sivananda, Kundalini, Iyengar, Viniyoga, Prenatal	\$14	Y		N	public	warm (68-78 degrees)	small (3-9)	Y	N	filtered water fountain	No, we always translate Sanskrit	A little chanting	A little
<b>CHAPEL HILL</b>															
Franklin Street Yoga	<i>Lori Burgwyn</i>	Baptiste-inspired power yoga	\$15	Y	2 weeks unlimited \$30	Y	public	hot (78-88 degrees)	large (15-21)	Y	Y	filtered water fountain	No, we always translate Sanskrit	A little chanting	Some
Sacred Listener: Carolina Kundalini Yoga	<i>HarDarshan Khalsa</i>	Kundalini	\$14	N	full time students always \$5	N	home	warm (68-78 degrees)	small (3-9)	N	N	N	No, we always translate Sanskrit	Lots of chanting	A lot
Triangle Yoga	<i>Tracy Bogart</i>	gentle, restorative, flow, power flow, vinyasa flow, Anusara, Ashtanga, Kid's, Prenatal, Postnatal, Tweens, Aerial, Deep Stretch, Over 50, Pilates-Yoga Fusion, Yin-Yang Flow	\$13-\$16	N	Free first class with purchase of a pass card	Y	public	warm (68-78 degrees)	large (15-21)	Y	N	unfiltered water fountain	No, we always translate Sanskrit	Just an OM	Some
<b>CARRBORO...</b>															

