



The Yoga & Healing Center UPCOMING EVENTS & IN-House Classes

Schedule of Classes

SPRING 2010

Monday

| | | |
|---------------------|-----------------|-------|
| 9:15 am - 10:30 am | Open | Wendy |
| 11:00 am - 12:30 pm | Silent Bikram* | Wendy |
| 7:00 pm - 8:15 pm | Ashtanga | Ross |
| 7:45 pm - 8:45 pm | Level 1-2 Basic | Leigh |

Tuesday

| | | |
|--------------------|-----------------|-------|
| 9:15 am - 10:30 am | Soul Sweat | Megan |
| 7:00 pm - 8:00 pm | Level 1-2 Basic | Kim |
| 7:30 pm - 9:00 pm | Hot Yoga* | Val |

Wednesday

| | | |
|--------------------|-----------------------|-----------|
| 8:40 am - 9:05 am | Meditation (FREE) | Donna |
| 9:15 am - 10:45 am | Bikram* | Wendy |
| 6:15 pm - 7:15 pm | Level 1-2 Basic | Clarissa |
| 7:30 pm - 8:45 pm | Soul Sweat | Debbie |
| 7:40 pm - 8:10 pm | Meditation (FREE) | Christine |
| 8:10 pm - 8:40 pm | Pranic Healing Clinic | Christine |

Thursday

| | | |
|--------------------|------------------------|--------|
| 9:15 am - 10:30 am | Open | Debbie |
| 9:30 am - 10:45 am | Practice Ashtanga | Bobby |
| 4:00 pm - 4:45 pm | Kids Yoga ages 6-10 | Ellyn |
| 7:00 pm - 8:15 pm | Ashtanga | Ross |
| 7:30 pm - 8:45 pm | Basic/Restorative Yoga | Mary |

Friday

| | | |
|--------------------|-----------|-----|
| 9:15 am - 10:45 am | Hot Yoga* | Val |
|--------------------|-----------|-----|

Saturday

| | | |
|--------------------|-----------------|-------|
| 8:15 am - 9:30 am | Level 2-3 Open | Kim |
| 9:30 am - 10:45 am | Soul Sweat | Wendy |
| 9:45 am - 10:45 am | Level 1-2 Basic | Mary |

Sunday

| | | |
|--------------------|--------------------|----------|
| 8:30 am - 10:00 am | Hot Power Vinyasa* | Lana |
| 9:00 am - 10:15 am | Level 2-3 Open | Clarissa |

*Class is given in a heated room

All Classes \$20 single

10 class card \$150 (valid for 6 months)

Weekly Unlimited New Students Only \$25 includes unlimited classes for one week

Monthly-Unlimited \$130

Yearly Unlimited (Includes All Classes) \$1300 prepaid or monthly

|| **INVERSION WORKSHOP** Why let gravity keep you down? Fun & playful inversion workshop where you will learn how to break down the fundamentals of inversions. **MAY 8, 11:00 am**

|| **Ahh - BASIC RESTORATIVE CLASS** with Mary! Flow thru traditional Yoga poses & then deeply relax in supportive restorative postures! Thursdays, 7:30 - 8:45 pm. See why people are RAVING about this relaxing treat of a class!

|| **NEW! Intro to Yoga** - this is a once a month SATURDAY class especially designed to review Yoga Philosophy, terminology, yoga poses and modifications. Whether you are brand new to Yoga, are returning after a long hiatus, or just want to brush up on your knowledge, you won't want to miss this class with Mary!! Next date - **APRIL 17, 11:00 am**.

|| **NEW - FREE MEDITATION CLASS** on Wednesday mornings at 8:40 am - right before Wendy's Hot Bikram!

|| **Also, FREE MEDITATION Wednesday Evenings** beginning at 7:30 pm, followed by a donation based Pranic Healing Clinic with Christine, for those who seek energy healing.

|| **NEW! YOGA FOR KIDS SPRING SESSION:** 6-10 age range welcome! - Thursdays, 4:00 pm - 4:45 pm Children gain life-long skills as they develop an understanding of the importance of nurturing their bodies, minds, and spirits! 11 wk Spring 2010 session (April 15 - June 24) Cost \$165

4 **BEGINNING MAY 4,** Prenatal Classes start at 10:30 AM and Mommy & Me Classes start at 12:30 pm. Call studio for more info or see front desk!

4 **REMINDER:** Wendy teaches a "Pay Whatever You Want" **SOUL SWEAT CLASS** - Saturdays at 9:30 am. This is a great way to invite friends, family and co-workers to a yoga experience.

4 **Ashtanga Practice Sessions w/Bobby Lange!** Thursdays 9:30 am. This is a formalized "practice session" that enables each to develop their Ashtanga skills. It's a "Pay what you can afford" Class.

The Yoga and Healing Center

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