

Winter 2010 Yoga Schedule

Starting Jan 2nd, 2010

| Day | Time | Style | Level | Teacher | Experienced Required? |
|------------|----------------|-----------------------------|------------------|-----------|-----------------------|
| Mondays | 6 - 7:15p | Kripalu | Moderate/Mindful | Mandy | preferred |
| | 7:30 - 8:45p | Yoga for Athletes - Kripalu | Vigorous/Mindful | Mandy | preferred |
| Tuesdays | 10 - 11:15a | Flow | 50 yrs+/moderate | Bethany | none |
| Wednesdays | 10:15 - 11:15a | Power Vinyasa - Kripalu | Vigorous/Mindful | Hollianna | preferred |
| | 12:15 - 1:00p | Noon-Flow Kripalu | Moderate/Mindful | Hollianna | preferred |
| | 6 - 7:15p | Introductory | Beginner | Bethany | none |
| Thursdays | 5:15 - 6:15p | Kripalu | Moderate/Mindful | Hollianna | none |
| Fridays | 9:30 - 10:45a | Flow | Moderate | Bethany | preferred |
| Saturdays | 10:30 - 11:45 | Introductory | Beginner | Hollianna | none |

Upcoming Pre-Registration Classes:

4-week class for **Beginners** starts **Saturday, Jan 16th, 10:30 am \$40**

Prenatal Yoga - 2-hr Introduction: Thursday, Jan 14th, 6:30pm, \$15+HST

Chair Yoga - 2-hr introduction to Yoga in a chair: Thursday, Jan 28th, 6:30pm, \$15+HST

Prices (all subject to HST):

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|----------------------|-------|-----------------------------------------------------------------------|
| Monthly Unlimited* | \$65 | *Unlimited passes allow students to come as much as they can. |
| 20-punch | \$200 | Monthly unlimited passes start the first day of the month and end |
| 10-punch | \$110 | the last day of the month. Good for all regular drop-in classes only. |
| 5-punch | \$60 | Workshops and some introductory classes are excluded from this offer. |
| Single drop-in | \$15 | |
| First Week Unlimited | \$20 | |



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