

**BON AIR YOGA - APRIL 2020**

**NAVIGATING NEW WATERS**

**NEW CLASS & RATE OFFERINGS**

email [kirhale@aol.com](mailto:kirhale@aol.com) for zoom class link

**ZOOM ONLINE CLASS SCHEDULE:**

**MONDAY 6:15-7:30 PM**

**TUESDAY 10-11:15 AM**

**FREE WEDNESDAY QUICK FIX 12:30-1 PM**

**THURSDAY 10-11:15 AM**

**THURSDAY 6:15-7:30 PM**

**SATURDAY 9:30-11 AM**

**SUNDAY W/LISHA 4:00-5:15 PM**

**APRIL / MAY RATES FOR ONLINE CLASS**

**Unlimited \$120 per mo**

**8 Pack \$80 use by 5/30**

**6 PACK - \$66 USE BY 5/30**

**SINGLE - \$12**

**Private Session Rates: (use in 60 days)**

**3 for \$145 / add a friend for \$15 ea**

**2 for \$110 / add a friend for \$10 ea**

**1 for \$60 / add a friend for \$10 ea**

## **We are finding our sea legs,**

What a ride Covid-19 is taking us on! We're all adjusting to this moment in time. Truly, I ask, how are you, because this is pushing the edges of our comfort zone. If you can go with the flow, that's great! If you need a little extra support, please reach out. How may I be of service to you or someone in need?

### **Private Session offerings to support you:**

**Breathing practices** - Boost your immune system. learn how to work with your breath - your breath is a Divine Physician!

**Soul Coaching** - What's tugging at your heart? It's a good time to take a closer look

**Asana** - Let's create a home practice while you're at home

Corporate class offerings are also available.

**Kirsten at 804-519-7471 or  
email [kirhale@aol.com](mailto:kirhale@aol.com) to schedule  
Paypal; Suntrust Mobile; Zelle**