



Fountain of Health  
Yoga Studio

## Schedule of Classes

Current as of February 2019

Please check our schedule online for workshops,  
new series and special events • GutYoga.com

### Monday

8:30 - 10:00 a.m. .... Anusara Yoga Level 2 (Heidi)  
10:30-11:45 a.m. .... Yoga & Ayurveda Level 1 (Melonie)  
5:30 - 6:30 p.m. .... Vinyasa Level 3 (Marcee)  
6:45 - 8:00 p.m. .... Anusara Beginner & Gentle Yoga Level 1 (Marcee)

### Tuesday

8:30 - 10:00 a.m. .... Anusara Beginner & Gentle Yoga Level 1 (Nancy)  
5:30 - 7:00 p.m. .... Anusara Beginner & Gentle Yoga Level 1 (Marcee)

### Wednesday

6:15 - 7:15 a.m. .... Vinyasa Level 3 (Emilie)  
8:30 - 10:00 a.m. .... Anusara Beginner & Gentle Yoga Level 1 (Heidi)  
5:30 - 7:00 p.m. .... Anusara Beginner & Gentle Yoga Level 1 (Anne)

### Thursday

8:30 - 10:00 a.m. .... Anusara Beginner & Gentle Yoga Level 1 (Marcee)  
10:15 - 11:15 a.m. .... Meditation - All Levels (Glenn)  
5:30 - 7:00 p.m. .... Hatha/Tantra Yoga Level 2 (Marcee)  
7:15 - 8:30 p.m. .... Restorative Yoga Level 1 (Marcee)  
Yoga Nidra OFFERED LAST THURSDAY of each month.

### Friday

8:30 - 10:00 a.m. .... Anusara Yoga Level 2 (Marcee)

### Saturday

7:00 - 8:15 a.m. .... Vinyasa Level 3 (Teachers Rotate)  
8:30 - 10:00 a.m. .... Anusara Beginner & Gentle Yoga Level 1 (Teachers Rotate)

### Sunday

9:00 - 10:30 a.m. .... Vinyasa Level 3 (Teachers Rotate)

*Please check our online schedule for special events like  
Candlelight Vinyasa, Healing Circle and Donation classes for local non-profits.*



653 S. Union Avenue • Pueblo, CO 81004 • (719) 568-0416  
yogagypsee@comcast.net • GutYoga.com

In the warm and welcoming purple building across from the public library on Union Ave.



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|   |                  |
|---|------------------|
| 1 <sup>st</sup> Class (to local residents) .....                                | Free             |
| Student • *Emergency Services • Military - Drop in.....                         | \$8              |
| Drop In.....  | \$12             |
| 20-Class Punch Card.....  | \$8.75 per class |
| 10-Class Punch Card.....  | \$9.90 per class |
| Monthly Unlimited.....  | \$75             |
| Age 65 & Up • Student • *Emergency Services • Military - Monthly Unlimited..... | \$65             |

\* Emergency services include hospital emergency room workers, EMTs, firefighters and police officers.

**No refunds**

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**No refunds**

## CLASS DESCRIPTIONS

For complete detail of each class, please visit the website. GutYoga.com

### Level 1

Anusara Beginner & Gentle Yoga

### Level 2

Anusara Yoga Experience & Advanced

### Level 2

Hatha Tantra Yoga Experienced & Advanced

### Level 3

Vinyasa - Strong flowing yoga to music.  
This is not a teaching class.

### Level 1

Restorative Gentle & Easy Postures & Breath Work  
to relieve stress and restore energy.

**All Levels**  
Meditation

**10-class and  
20-class punch  
cards  
are good for  
4 months**



**Teaching you can  
trust since 1996**

Check our website for additional classes, workshops  
or seminars that may not be shown on this schedule.

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