



YOGA CLASS SCHEDULE

DAY	TIME	CLASS	TEACHER
Mon	10:30 am	Beg/Continuing	Catherine
Mon	5:00 pm	*Deeper	Catherine
Tues	10:30 am	Beg/Continuing	Furahaa
Tues	1:00 am	Beg/Continuing	Soraya
Tues	5:30 pm	Beg/Continuing	Catherine
Tues	7:00 pm	Yoga for the Back	Catherine
Wed	10:00 am	Beg/Continuing	Catherine
Wed	11:30 am	Beg/Continuing	Catherine
Thurs	9:30 am	Beg/Continuing	Betty
Thurs	4:30 pm	Beg/Continuing	Catherine
Thurs	6:00 pm	Beg/Continuing	Catherine
Fri	10:30 am	Beg/Continuing	Soraya
Sat	8:30 am	* Deeper	Bonnie
Sat	10:30 am	Beg/Continuing	Bonnie

⌘ **FREE Newcomers Class** - with the purchase of first 6-week series ⌘

All Levels: for beginners & those who have done yoga for sometime – 75 min

* **Deeper:** at least 3 mos of Svaroopaa group classes & a home practice – 90 min

Yoga for the Back: for those with back or neck pain or needing a more gentle class – 75 min

Classes are offered as a six-week series unless otherwise specified.

Fees for a 6-week series: 1 class per week (6) \$84.00:

2 classes per week (12) \$156.00, 3 classes per week (18) \$216.00

Drop-in welcome anytime, space permitting (call first) \$ 20.00

Payment is required to reserve space in the class you desire. Space is limited, so please reserve early!

There is a \$25.00 non-refundable fee for cancellations less than 7 days prior to new series start date. Cash or Check.

Pre-registration required – Space is limited.

Give yourself the gift of Yoga!

ALSO OFFERED AT THE CENTER

Therapeutic Massage w/ Jeanne Bredestege, HHP, CMT

Reiki Healing & Embodiment Sessions w/ Catherine Rose, CSYT, RYT

MEDITATION w/Oneness Blessing (Deeksha) – 2nd & 4th Mondays 7:00 - 8:30 pm
(\$5-10 love offering appreciated)

For further information on classes or to schedule a private session, please call...

(619) 741-6448