



Fountain of Health
Yoga Studio

Schedule of Classes

Current as of November 2018

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

Monday

8:30 - 10:00 a.m..... Level 1-2 (Heidi)
5:30 - 6:30 p.m..... Level 1 & 2 Vinyasa (Marcee)
6:45 - 8:00 p.m..... Level 1 Intro to Yoga (Marcee)

Tuesday

8:30 - 10:00 a.m..... Level 1 Intro to Yoga (Nancy)
5:30 - 7:00 p.m..... Level 1 Intro to Yoga (Marcee)

Wednesday

6:15 - 7:15 a.m..... Level 1-2 Vinyasa (Emilie)
8:30 - 10:00 a.m..... Level 1 Intro to Yoga (Heidi)
5:30 - 7:00 p.m..... Level 1 Intro to Yoga (Anne)

Thursday

8:30 - 10:00 a.m..... Level 1 Intro to Yoga (Marcee)
10:15 - 11:15 a.m..... Meditation (Glenn)
5:30 - 7:00 p.m..... Level 1-2 Hatha/Tantra (Marcee)
7:15 - 8:30 p.m..... Restorative yoga for stress, anxiety, and sleep issues. (Marcee)
Yoga Nidra is the last Thursday of each month.

Friday

8:30 - 10:00 a.m..... Level 1-2 (Marcee)

Saturday

7:00 - 8:15 a.m..... Level 1-2 Vinyasa (Teachers Rotate)
8:30 - 10:00 a.m..... Level 1 Intro to Yoga (Teachers Rotate)

Sunday

9:00 - 10:30 a.m..... Level 1-2 Vinyasa (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 st Class (to local residents) | Free |
| Student • *Emergency Services • Military - Drop in..... | \$8 |
| Drop In..... | \$15 |
| Age 65 & Up - Drop In | \$12 |
| 20-Class Punch Card..... | \$8.75 per class |
| 10-Class Punch Card..... | \$9.90 per class |
| 4-Class Punch Card | \$12 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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CLASS DESCRIPTIONS

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

Level 1

Intro and Basic Classes

Level 1-2

Experienced & Advanced Classes

Level 2

Vinyasa (strong, flowing yoga to music)

Restorative Yoga (All Levels)

Class of simple & easy postures & breathing techniques that restore energy & release stress. Perfect for students with injuries and chronic pain

Hatha/Tantra Level 1-2

Class focused on Hatha Tantra asana, bandhas, mudras, pranayama and meditation

Meditation

4-class, 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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