



Fountain of Health  
Yoga Studio

## Schedule of Classes

Current as of August 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)  
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

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)

### 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

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or seminars that may not be shown on this schedule.

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