

SoundYoga Winter 2018

January 2 - March 3

* Check website for most up-to-date information: www.soundyoga.com

Monday

9:30-10:45am	Yoga I	FULL	Chris
11:00-12:15pm	Gentle Yoga		Chris
7:00-8:30pm	Buddhist Meditation		Linda

Tuesday

9:00-10:15am	Yoga II	FULL	Chris
10:30-11:45am	Yoga I-II	NEW CLASS	Chris
5:00-6:15pm	Yoga I		Karie

Wednesday

9:30-10:45am	Yoga I		Cheryl
5:30-6:45pm	Yoga I-II		Chris
7:00 - 8:15pm	Restorative Yoga for Restful Sleep - All Levels		Shelly

Thursday

6:30-7:45pm	Yoga I		Julie
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Friday

7:30-8:45am	Strong Bones		Shelly
9:00-10:30am	Strong Bones		Chris
11:00-12:30pm	Yoga I-II		Chris

Sunday

9:30-10:45am	Yoga I		Karie
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9 week series:	\$135 (1.25hr class)	Class Card:	\$108 - 6 class pass (1.25hr)
	\$158 (1.5hr class)		\$165 - 10 class pass (1.25hr)
Drop-in:	\$18		\$124 - 6 class pass (1.5hr)
			\$197 - 10 class pass (1.5hr)

SPECIAL WORKSHOPS:

Sutra Study: Saturday: **1/13, 2/3 10:00a - 12:00p**

Vedic Chant: Saturday: **1/20, 2/17, 3/24 10:00a - 12:00p**

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