

# SoundYoga Summer 2017

July 1 - August 26

\* Check website for most up-to-date information: [www.soundyoga.com](http://www.soundyoga.com)

## Monday

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

## Tuesday

9:00-10:15am	Yoga II	<b>FULL</b>	Chris
4:30-5:45pm	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	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	<b>FULL</b>	Karie
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<b>8 week series:</b>	\$96 (1.25hr class)	<b>Class Card:</b>	\$90 - 6 class pass (1.25hr)
	\$116 (1.5hr class)		\$135 - 10 class pass (1.25hr)
<b>Drop-in:</b>	\$18		\$106 - 6 class pass (1.5hr)
			\$167 - 10 class pass (1.5hr)

## SPECIAL WORKSHOPS:

**Sutra Study:** Saturday: 7/8 10:00a - 12:00p

**Vedic Chant:** Saturday: 9/16, 10/21 10:00a - 12:00p

**Neuromovement for Dynamic Sitting:** 4-week series: Tuesdays: July 11, 18, 25, August 1 6:30-7:30p

**Awareness Through Movement:** Friday: 7/14 5-6:15p

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