

## SoundYoga Spring/Summer 2018

April 29 - June 30

### Monday

9:30-10:45am	Yoga I	<b>FULL</b>	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
10:30-11:45am	Yoga I-II		Chris
5:00-6:15pm	Yoga I		Karie

### Wednesday

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

### Thursday

6:30-7:45pm	Yoga I (no class April 12)		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

### Saturday

8:30-9:45am	Yoga Flow - All Levels		Maria
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### Sunday

9:30-10:45am	Yoga I		Karie
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<b>9 week series:</b>	\$135 (1.25hr class)	<b>Class Card:</b>	\$108 - 6 class pass (1.25hr)
	\$158(1.5hr class)		\$165 - 10 class pass (1.25hr)
<b>Drop-in:</b>	\$25		\$124 - 6 class pass (1.5hr)
			\$197 - 10 class pass (1.5hr)

### SPECIAL WORKSHOPS:

**Sutra Study:** Saturdays: 5/5 10:00a - 12:00p

**Vedic Chant:** Saturdays: 5/19, 6/16 10:00a - 12:00p