

SoundYoga Fall 2018

October 28 – December 22

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

Wednesday

9:30-11:00am	Gentle/Restorative	Shelly
5:30-6:45pm	Yoga I-II	Chris
7:00 - 8:15pm	Restorative Yoga for Restful Sleep - All Levels	Shelly

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 – Community Class	Maria
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Sunday

9:30-10:45am	Yoga I	Karie
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8 week series:	\$120 (1.25hr class)	Class Card:	\$108 - 6 class pass (1.25hr)
	\$140(1.5hr class)		\$165 - 10 class pass (1.25hr)
Drop-in:	\$25		\$124 - 6 class pass (1.5hr)
Community:	\$96		\$197 - 10 class pass (1.5hr)

SPECIAL WORKSHOPS:

Sutra Study: Saturdays: **11/10** 10:00a - 12:00p

Vedic Chant: Saturdays: **11/17, 12/15** 10:00a - 12:00p