

## SoundYoga Autumn 2018

Sept 4 – Oct 27

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

### Wednesday

9:30-11:00am	Gentle/Restorative Yoga	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)

\$140 (1.5hr class)

\$96 Community Class

**Drop-in:** \$25

### Class Card

\$108 - 6 class pass (1.25hr)

\$165 - 10 class pass (1.25hr)

\$124 - 6 class pass (1.5hr)

\$197 - 10 class pass (1.5hr)

### SPECIAL WORKSHOPS:

**Sutra Study:** Saturdays: **TBA** 10:00a - 12:00p

**Vedic Chant:** Saturdays: **9/15, 10/20** 10:00a - 12:00p