

SoundYoga Fall 2017

September 5 - October 28

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
4:30-5:45pm	Yoga I		Karie
7-8:15pm	Discover Yoga-Intro to Yoga	Starts Sept 19	Chris

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
-------------	--------	-------

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	NEW CLASS	Maria
-------------	------------------------	------------------	-------

Sunday

9:30-10:45am	Yoga I	Karie
--------------	--------	-------

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)
			\$197 - 10 class pass (1.5hr)

SPECIAL WORKSHOPS:

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

Vedic Chant: Saturdays: **10/21, 11/18** 10:00a - 12:00p

Ayurvedic Cooking for Fall: **10/8** 11am - 3pm

Discover Yoga - Intro to Yoga: Tuesdays, 6 week series:

9/19-10/24 7-8:15PM