



summer schedule

july/aug/sept

CLASSES

ONGOING IN BROWN. SERIES IN PINK W/PRE-REGISTRATION REQUIRED

MONDAY

6:30-8 am	yoga immersion (9/13-8/1)	todd
12:30-2 pm	easy does it	louise
5:30-7 pm	deep stretch	vittoria

TUESDAY

6:30-8 am	blisyoga (july & aug)	todd
6:30-8 am	yoga immersion (9/13-8/1)	todd
9-10:30 am	blisyoga	todd
11-12:30 pm	postnatal yoga	vittoria
6-7:20 pm	free range yoga/ by donation	staff
7:30-9 pm	discovering balance (8/10-8/24)	emily
7:30-9 pm	intro to yoga (7/6-7/27 & 9/7/9/28)	staff

WEDNESDAY

6:30-8 am	yoga immersion (9/13-8/1)	todd
12:30-2 pm	easy does it	cass
5:30-7 pm	hatha yoga flow	adriana
7:15-9 pm	yin yoga / by donation	todd

THURSDAY

6:30-8 am	blisyoga (july & aug)	todd
6:30-8 am	yoga immersion (9/13-8/1)	todd
9-10:30 am	blisyoga	todd
11-12:30 pm	free range yoga/ by donation	staff
6-7:20 pm	hatha yoga mix	vittoria

FRIDAY

6:30-8 am	yoga immersion (9/13-8/1)	todd
12:30-2 pm	restore & renew	louise
6:30-8 pm	yin yoga (starts sept 10!) / by donation	todd

SATURDAY

8-9:30 am	back om	todd
10-11:30 am	prenatal yoga	vittoria

SUNDAY

9-10:45 am	blisyoga/ by donation	todd
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EVENTS + SPECIAL CLASSES

EVEN MORE ONLINE

yoga immersion (m/t/w/th/f)\$150-\$225 sliding scale
pre-registration

sept 13-oct 1 (no drop ins please)

introduction to yoga\$48 for 4 classes
a four week series for beginners to yoga. intro to yoga basics
july 6-27 & 9/7-9/28 (tue) 7:30-9 pm. pre-registration required

discovering balance (in transformational times)\$40
combining yin yoga, astrology and writing. 3 weeks
aug 10-24 (tue) pre-reg required

hypnobabies childbirth class\$350
6 wk class series based on hypnosis for pregnant mamas and their partners
july 10-aug 14 & 9/11-10/23 (sat) 2-5 pm pre-reg required

shamanic sound healing\$25 by 9/12, \$30 after
shamanic gathering as a gateway to transformation and awareness
sept 19 (sun) 6:30-8:30 pm

satsang sarong....come and be embraced FREE
meditation, sharing, talk, questions and more....with todd
coming back in oct!! (sat) 6-8 pm

FOR NEW STUDENTS

MORE DETAILS

most of our classes are appropriate for beginners to yoga. if you have mobility challenges or need a particularly gentle class, try the 'easy does it' on mon or wed. if you aren't sure call us and we'll direct you to the class that is most suited for you.

INTRODUCTORY PACKAGE for new students

if you are new to our studio, try our intro package to see what works best for you. **one week unlimited yoga: \$20**

RATES

FOR ONGOING CLASSES

drop in \$14

5 classes. 4 month expiration** \$60

10 classes. 6 month expiration** \$111

20 classes. 12 months expiration** \$200

a month of om..... \$108

a year of om..... \$1188

events/series/special classes priced per event/see website

Note: if you walk, bike, take the bus to class, you get your 11th class free!

**one class 'charged' for each month card is extended past exp. date.