

WINTER / SPRING 2010 SCHEDULE

Sunday

8:30 am - 9:45 am	I / II	Brooke
10:00 am - 11:15 am	I	Lee

Monday

8:00 am - 9:15 am	I / II	Lee
9:30 am - 11:00 am	II	Lee
11:30 am - 12:15 pm	Seniors	Lee
5:30 pm - 6:45 pm	Intro / Beginner	Yuko
7:00 pm - 8:15 pm	I / II	Brooke

Tuesday

8:00 am - 9:15 am	I	Erin
9:30 am - 10:45 am	Gentle	Pam
7:00 pm - 8:15 pm	Open Level	Brooke

The Yoga Studio In Magnolia

Offering Vinyasa / Flow Yoga - combining flowing sequences of postures with the breath. All classes include pranayama (breathing practices) to increase prana flow, quiet the mind and deepen one's connection to the inner self.

Regular Classes: (1 ¼ & 1 ½ hour)

\$15	Drop In
\$55	4 Classes Within One Month
\$99	8 Classes Within One Month
\$125	Unlimited Classes Within One Month
\$1108	Unlimited Classes Within One Year

New Student Special:

\$59	1 Month Unlimited Classes + Plus 10% off a yoga mat*
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*If purchased at the same time as signing up.

Wednesday

8:00 am - 9:15 am	Open Level	Brooke
9:30 am - 10:45 am	I / II	Lee
5:30 pm - 6:45 pm	I	KT
7:00 pm - 8:15 pm	I / II	Yuko

Thursday

9:30 am - 11:00 am	Open Level	Lee
11:30 am - 12:15 pm	Seniors	Lee
7:00 pm - 8:15 pm	Open Level	Brooke

Friday

8:00 am - 9:15 am	I / II	Lee
9:30 am - 10:45 am	Gentle	Pam

Saturday

8:15 am - 9:45 am	I/II	Brooke
10:00 am - 11:15 am	I	Yuko

Seniors 45 Minute Classes:

\$8	Drop In
\$30	4 Classes Within One Month
\$55	8 Classes Within One Month

Private Sessions:

\$40	Half Hour
\$75	Full Hour

- * Intro/Beginner starts the first Monday of every month, unless it falls on a holiday where it will start the following Monday.
- * The month will begin on the first day you attend, no matter where that may be within the "calendar month".
- * Drop In students always welcome. Join us for a class anytime.
- * No Refunds. Cash & Check Only Please.