

YOGA CLASS SCHEDULE

Sunday

8:15 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

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

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	Yuko
7:00 pm - 8:15 pm	I / II	Brooke

Thursday

7:00 am - 8:00 am	Open Level	Kirsten
9:30 am - 10:45 am	Gentle / I	Pam
6:00 pm - 7:15 pm	Open Level	KT

Friday

8:00 am - 9:15 am	I / II	Lee
9:30 am - 10:45 am	Open Level	Lee
11:30 am - 12:15 pm	Seniors	Lee

Saturday

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

The Yoga Studio In Magnolia

Offering Vinyasa / Flow Yoga - combining flowing sequences of postures with alignment, form, and 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:

\$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.

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

* 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.