

March 8 – May 7, 2010
spring yoga

Regular Class Series

March 8 - May 7 (No classes week of April 5)

Gentle Yoga - Introduction to Yoga

Tuesday 10:30 - 11:45 a.m. Taught by Kara Schmidt

Yoga 1 - New to Yoga or Anusara Yoga

Tuesday 6:45 - 8:15 p.m. Taught by Kara Schmidt

Yoga 1.2 - Experienced Beginner / All Levels

Monday 9 - 10:15 a.m. Taught by Angela Nisley

Monday 6:45 - 8:15 p.m. Taught by Kara Schmidt

Wednesday 5:30 - 6:30 a.m. Taught by Kara Schmidt

Wednesday 9:15 - 10:45 a.m. Taught by Kara Schmidt

Yoga 2 - Intermediate

Thursday 6:45 - 8:15 p.m. Taught by Kara Schmidt

Prana Flow - All Levels

Tuesday 12 - 1 p.m. Taught by Latasha Flint

Thursday 12 - 1 p.m. Taught by Latasha Flint

Regular class series fees

Cost

| | |
|--------------------|-------|
| Drop-in | \$15 |
| 1 class per week | \$96 |
| 2 classes per week | \$160 |
| Unlimited Classes | \$200 |

Discounts and Specials

Only one discount applies.

- \$20 Students
- \$10 Seniors (65+)
- \$10 Multi-family-members (at same address)
- 10% Wellness / Spacious Heart combo

Special Classes

- Bhakti Body Prayer
- Love Chants
- Hearts on Fire
- Spacious Heart Book Club

Spring events!

- Mar. 14** Dances of Univ. Peace
- Mar. 20-21** John Friend Field Trip
- Apr. 23-25** AcroYoga Playshop

Don't forget!

Spacious Heart Yoga
has moved to
119 South Main Street!


**Combined Space
Opens Possibilities**

Spacious Heart Yoga has moved down the street to the Wellness Studio in downtown Goshen, 119 South Main Street. The Wellness Studio specializes in wellness and fitness for women. While Spacious Heart Yoga offers yoga to both men and women, Kara and Terri felt sharing space would enable them to offer the Goshen community a convenient location to find a broad array fitness, yoga, and wellness activities.

Spacious heart will offer Hatha and Anusara® yoga, kids yoga, Bhakti body prayer, Thai yoga bodywork, private (individual) yoga sessions, chanting and meditation classes, and yoga book club while the Wellness Studio also provides opportunities for kickboxing, circuit training, core training, and individual training and wellness counseling. Spring classes begin on March 8. Registration is now open.



Register online for spring
classes and workshops!
www.spaciousheartyyoga.com



Spacious Heart Yoga
119 South Main Street
Goshen, Indiana 46526

WE'VE MOVED!