

May 10 - July 1  
spring yoga, 2

**Regular Class Series**

May 10 - July 1 (7 week series)

No adult classes June 14 – 18

(There **will** be classes on Memorial Day)

Kids yoga will still be held Friday, June 18

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 & Kara

**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\*

*\*The Wednesday class will occasionally be video taped.*

Yoga 2 - Intermediate

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

Gentle Guided Flow and Breathing Practice

Kara will join you as she guides this gentle flow practice perfect for the noon hour. It will ground and rejuvenate you for the rest of your day. Open to all levels, including beginners.

**Thursday 12 - 1 p.m.**

Kids Yoga

**Friday 3:30 - 4:30 p.m.** Taught by Rachel Koontz

*See special pricing for kids class.*

Prenatal Yoga and Fitness

**Saturday 9:15 a.m.** Taught by Kara and Maija Stutsman



Register online for spring classes and workshops!  
[www.spaciousheartyyoga.com](http://www.spaciousheartyyoga.com)

**Regular class series fees**

**Cost**

Drop-in	\$15
1 class per week	\$84
2 classes per week	\$140
Unlimited Classes	\$175

**Kids class series fees**

Kids drop-in	\$8
Kids class series	\$49

**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 (May 26, June 23)
- Love Chants (May 21, June 18, July 16)
- Hearts on Fire (May 9, June 20, June 30)
- Spacious Heart Book Club

**Spring Series 2 events!**

- May 7** Celebration Open House 5 - 9 p.m.
- June 4** FunRaiser "Spread The Love Yogathon" 5 - 9 p.m.
- June 11 - 13** Jamie Allison Workshop, Farmington Hills, Michigan
- July 12 - 16** Peace Camp for Kids \$95

**Save the date!**

- September 11** Healing Arts Goshen Feel Good Tour



Spacious Heart Yoga  
**119 South Main Street**  
**Goshen, Indiana 46526**

WE'VE MOVED!