

autumn yoga

Fall 2010 schedule

September 13-November 6
8 weeks

Gentle Hatha Yoga

Jo Ulrich, Instructor
Tuesday 10:30 – 11:45 a.m.
Thursday 12 – 1 p.m.

Guided Gentle Yoga

Ann Hostetler, Instructor
Mondays 8 – 9 a.m.

Yoga 1

Sherri Bontrager, Instructor
Tuesday 6:45-6:15p.m.
Wednesday 7:00-8:15pm

Yoga 1.2

Angie Nisley, Instructor
Monday 9:15-10:30a.m.
Wednesday 9:15-10:45a.m.

Yoga 2

Angie Nisley, Instructor
Thursday 6:45-8:15p.m.

Class Series Cost:

Fall Class Rates (8 weeks)

1 class per week	\$96
2 classes per week	\$160
Unlimited Classes	\$190
Drop-in rate	\$15
Drop-in rate (students)	\$10
Drop-in rate (seniors)	\$12

Refine, Deepen, Expand

Kara's Special Mini-Workshop Series

All of these workshops are great for all yoga practitioners, including aspiring AcroYogis! You will build strength in the whole body, particularly your core and upper body, while learning how to keep your body safe!

Handstand and Feet-standing Workshop

Monday, September 13 6:45-9:00p.m.

Level: Beginner to intermediate. (Some yoga experience helpful. If new to Anusara, it's recommended that you talk to Kara before signing up.)

Forearm Balance and Backbend Workshop

Monday, September 20 6:45-9:00p.m.

Experience Level: Intermediate (Either participated in Yoga 2 class or attended Handstand workshop) Prerequisite: ability to hold inverted L (feet on the wall) on own.

Headstand and Twists Workshop

Monday, October 4, 6:45-9:00p.m.

Experience Level: Intermediate. Prerequisite: forearm balance workshop or by permission from Kara.

Shoulder-stand and Forward Bends Workshop

Monday, October 25 6:45-9:00p.m.

Experience Level: Intermediate (Prerequisite: headstand workshop)

Workshop Cost:

\$25/workshop

\$80 for all 4 workshops if paid by Sep. 13

\$18 for those who are already signed up for a regular class

\$64 if paid by Sep. 13

Register online:

www.spaciousheart yoga.com