

# WELCOME BACK WEEK AUGUST 27 TO 31, 2018

## **Early Birds with Kelly**

6:30 am – 7:45 am daily Aug 27 to 31 \$45 for the week

# **Develop your personal yoga practice Part 2 with Nicole**

Overcoming obstacles and challenges. Everyone welcome. 9:00 am - 10 am daily Aug 27 to 31 \$40 for the week

### Yoga for Everybody

#### Five drop in classes to sample/choose from for the week

Drop In rates apply: \$14 for 1 hour class or \$15 for 1.5 hour class PLEASE NOTE TIMES VARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 27	Aug 28	Aug 29	Aug 30	Aug 31
5:30 to 7:00 pm	5:00 to 6:30 pm	5 to 6 pm	5:30 to 7 pm	5 to 6 pm
Annette	Nicole	Kelly	Jessica	Tracy
BEGINNERS	TWISTING	GENTLE	FLEX YOUR	HAPPY HIPS
AND MORE	POSES	MODIFIED	YOGA	AND
				SHOULDERS
Suitable for	Learn how to	A slower paced	Mobility and	Suitable for
folks new to	safely anchor	class for those	flexibility with a	folks new to
lyengar yoga as	yourself before	working with	restorative cool	lyengar yoga as
well as those	moving into	chronic	down.	well as those
more	your twist.	conditions or		more
experienced.		injuries.		experienced.

Mark your calendars for FREE CLASS WEEK: September 3 to 9

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