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MONDAY			
7:00-8:15 am	Sunrise Flow	All Levels	Dylan
9:00-10:30 am	Wake Up & Flow	Mixed Levels	Kim
10:00-11:30 am	Vinyasa Flow	Level 1/2	Sherry
12:00-1:00 pm	Lunchtime Flow	All Levels	Eliza
4:00-5:15 pm	Vinyasa Flow	Mixed Levels	Nicki
5:30-6:30 pm	Candlelight Soul Flow	All Levels	Robin
6:00-7:15 pm ★	Yoga Basics	Level 1	Noé
6:35-7:45 pm	Yang / Yin	All Levels	Angela A.
TUESDAY			
7:30-8:30 am	"Yoga & Beyond"	Mixed Levels	Angie W.
9:00-10:15 am	Yoga Basics (SmartFLOW)	Level 1	Rachael
10:00-11:30 am	Vinyasa Flow	Mixed Levels	Eliza
10:30-12:00 pm	Ashtanga Vinyasa	Level 2	Shawn H.
5:25-6:40 pm	Vinyasa Flow	Mixed Levels	Eliza
5:30-6:45 pm	Restorative Relax Deeply	All Levels	Rachael
7:00-8:00 pm	Yoga Basics	Level 1	Angela A.
WEDNESDAY			
9:00-10:30 am	Wake Up & Flow	Mixed Levels	Kim
10:00-11:30 am	Vinyasa Flow	Level 1/2	Sherry
4:00-5:15 pm	Power Flow	Level 2	Rachael
5:30-6:30 pm	Yoga Basics for Stress Relief	Level 1	Robin
6:00-7:10 pm ★	Vinyasa Flow	Mixed Levels	Rachel P.
THURSDAY			
7:30-8:30 am	"Yoga & Beyond"	Mixed Levels	Angie W.
9:00-10:15 am	Wake Up & Flow	All Levels	Nichol
10:30-12:00 pm	Ashtanga Vinyasa	Level 2	Shawn H.
4:00-5:00 pm ★	Vinyasa Flow	Level 1/2	Nichol
5:25-6:40 pm	Vinyasa Flow	All Levels	Kim
6:00-7:00 pm	Yin Yoga	All Levels	Lauren
6:45-7:30 pm	"Log Off" Meditation / Stress Relief	All Levels	Kim
FRIDAY			
9:00-10:15 am	Gentle Flow (SmartFLOW)	All Levels	Rachael
10:00-11:30 am	Vinyasa Flow	Level 1/2	Kim
4:00-5:00 pm ★	Ashtanga Improv	Mixed Levels	Jen
6:00-7:15 pm	Flow & Yin with Live Gong	All Levels	Kim
*****	Live Music w/ Tim Catching	April 13th	
*****	Live Music w/ Rebecca Sabine	April 20th	
*****	Live Music w/ Martin St. Pierre	April 27th	
SATURDAY			
8:30-10:00 am	Vinyasa Flow (SmartFLOW)	Mixed Levels	Rachael
9:00-9:50 am	"Log Off" Guided Meditation	All Levels	Kim
10:00-11:25 am	Vinyasa Flow	All Levels	Eliza
10:15-11:25 am	Yoga Basics	Level 1	Amanda
11:30-1:00 pm	Power Flow	Mixed Levels	Shawn H.
1:00-2:15 pm	Vinyasa Flow	All Levels	Angela A.
SUNDAY			
9:00-9:50 am	"Log Off" Mindfulness Meditation	All Levels	Kim
10:00-11:30 am	Sunday Soul Yoga	Level 1/2	Kim
11:00-12:15 pm	Zen Zone Yoga	All Levels	Lucrezia
11:35-12:50 pm ★	Root To Rise Yoga	Basics / Level 1	Russell
3:00-4:00 pm	Restorative Relax Deeply	All Levels	Angela A.
4:00-5:15 pm	Vinyasa Flow	All Levels	Nicki
★ \$12 Drop-In Classes		CLASS SCHEDULE & TEACHERS SUBJECT TO CHANGE	

Live Music Yoga!



Tim Catching
April 13th
6:00 p.m.

Rebecca Sabine

April 20th
6:00 p.m.



Martin St Pierre
April 27th
6:00 p.m.

Shana Meyerson teaches two amazing workshops on one great weekend!



Fri. April 6th
5:30-8:00pm
Sun. April 8th
1:30-4:00pm

Susan Goecke & Lucrezia Nelson lead K.I.S.S workshop

Sunday, April 29th
1:30-3:30p



Wellness Package

Mind | Body | Spirit



4 Yoga Classes

1 Hour Massage



1 Meditation Class

\$129

Specials!

\$5 Off - 5 Class Pckg

\$10 Off - 10 Class Pckg

\$15 Off - 15 Class Pckg

\$20 Off - 20 Class Pckg



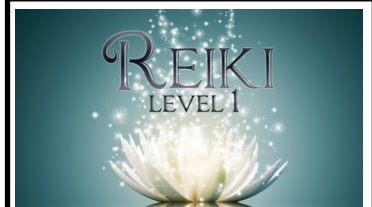
Benefit Yoga Class!



Russell Thompson leads a yoga flow class to support Leukemia & Lymphoma Society! \$10 Donation April 14th at 3pm!

Finding Balance

Saturday, May 5th
1:30 - 3:30 p.m.
Led by Russell Thompson



Saturday, May 19th
& Sunday, May 20th
1:30 - 5:30 p.m.

Training
led by
Kim Meoli



PRICING OPTIONS

Single Yoga Classes	
Adult	\$ 18
Child (8-12)	\$ 12
Local Yoga/Fitness Teacher	\$ 14
Live Music Class	\$ 20

Yoga Class Packages	
5 Class Package (60-day exp)	\$85
10 Class Package (60-day exp)	\$160
15 Class Package (90-day exp)	\$225
20 Class Package (90-day exp)	\$280

Meditation Classes	
Single Class	\$ 14
5 Class Package	\$ 60
10 Class Package	\$ 100
60-day exp on Meditation packages	

Unlimited Yoga Packages		
	Monthly Auto-Pay	Paid In Full
1 Month Unlimited	N/A	\$125
3 Month Unlimited	\$99 / month	\$299
6 Month Unlimited	\$89 / month	\$499
1 Year Unlimited	\$79 / month	\$899

Auto-Pay Terms & Conditions

- \$39 Enrollment fee applied to first payment
- All Contracts will Auto-Renew
- Must cancel 5 days prior to contact expiration to prevent auto-renewal
- No Refunds/Exchanges
- Refer to contract for additional terms/conditions