

## Winter Yoga Schedule 2011-2012

### Sunday:

Hatha yoga Beginner/Level 1 Class 10 to 11am Jan. 8-April 1 \$195

### Tuesday:

Hatha yoga level 1 9:15-10:30am Jan. 3-April 3(no class spring break) \$215

Hatha yoga level 1-2 5:30-6:45pm Jan. 3-April 3(no class spring break)\$215

### Wednesday:

Healthy Weight Loss Group 5:30 to 6:30pm

Jan. 18, 25, Feb. 1, 8, 15, 22,29, March 7, 14, 21, 28 \$10 per week; \$110 total

### Thursday

Hatha yoga level 2 9:15-10:30am Jan. 5-April 5(no class spring break) \$215

**\*If you refer a new client who signs up for the session OR a private session, you get a free class!**

**\*\*\*As always, private sessions are available for the following:**

*To deepen your yoga practice, for personal training, nutritional counseling, yoga therapy for anxiety or depression*

**Call with any questions: 614-634-6204**

**Send check(either the whole amt or partial to secure your space) to:**

**Shelly Dembe. 161 South Parkview Avenue Bexley, Ohio 43209**