

Workshops

YAMUNA BODY ROLLING® – Jennifer Cooper
 Saturday, March 21, 9:30-11:15 AM \$20

YOGA NIDRA – Nicole Gordon
 Saturday, April 4, 3-5 PM \$25

DELVING INTO THE INNER SELF – Vickie Labbe
Restorative Yoga & Meditation
 Saturday, May 2, 2-4 PM \$25

THE YOGA OF AWAKENING – Arthur Kilmurray
 Monday, May 11, 6-8:30 PM \$50

Free Classes

March 21 Saturday 11:30 -1 PM
 March 23 Monday 7:15- 8:30 PM (w/Yamuna)
 March 24 Tuesday 5:30 -7 PM
 March 27 Friday 1- 2:15 PM (gentle)

Yoga Vacations – Yoga in the Yucatan

Our 24th year! – **March 14-21, 2020**
 with Vickie Labbe and Michael Doyle

Special price – only \$1,299*
 Sign up soon – only 2 rooms left!

Send payment to Yoga Vacation
 Includes 7 nights lodging, 8 meals, daily yoga and more.
Based on double occupancy.

Spring Schedule 2020

General Yoga Classes – *Appropriate for all levels including beginners.*

Monday	9:30-11 AM	Stacy Smith	March 23	9 weeks	\$139
Monday	5:30-7 PM	Jennifer Cooper	March 23	9 weeks	\$139
Monday (w/Yamuna)	7:15-8:30 PM	Jennifer Cooper	March 30	8 weeks	\$125
Tuesday (yin yoga)	8-9 AM	Nicole Gordon	March 24	9 weeks	\$99
Tuesday (w/Restorative)	5:30-7 PM	Vickie Labbe	March 31	9 weeks	\$139
Wednesday	9:30-11:15 AM	Jennifer Cooper	March 25	9 weeks	\$139
Wednesday	4:30-6 PM	Vickie Labbe	March 25	9 weeks	\$139
Wednesday	6:30-8 PM	Michael Doyle	April 1	8 weeks	\$125
Thursday (Restorative)	5:30-7 PM	Jeanette Schmid	April 2	9 weeks	\$139
Friday	6-7:30 AM	David Reese, PT	March 27	9 weeks	\$139
Friday	9:30-11 AM	Jennifer Cooper	March 27	9 weeks	\$139
Friday (gentle)	1-2:15 PM	Vickie Labbe	April 3	8 weeks	\$99

Therapeutic Program

Thursday	10-12 PM	Vickie Labbe	April 9	9 weeks	\$195
<i>with Jeanette Schmid, LMT</i>					

Meditation & Yoga

Saturday	11:30-1 PM	Vickie Labbe	April 4	8 weeks	\$125
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The Feldenkrais Method®

Tuesday	10:30-12 PM	Marilyn Hardy	March 24	5 weeks	\$89
			April 28	5 weeks	\$89

Yamuna Body Rolling® – *See also Mon. 7:15 above*

Tuesday	9:15-10:15 AM	Jennifer Cooper	March 31	9 weeks	\$99
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Weekly Meditation Practice Wednesdays 11:30-12 PM, ongoing

Monthly Philosophy Group 12-1 PM, March 18, April 15, May 6, June 3

Single classes if available \$18.50 (one hour classes - \$15) • Feldenkrais \$20 • Therapeutic – \$25 by pre-arrangement
20% discount for 2 or more classes per week (10% off therapeutic and Feldenkrais)
Unlimited monthly pass – \$108 • 6 mo. – \$550 • 1 year – \$1,000 (excl. therapeutic -\$10/class charge for Feldenkrais)
10 Class Pass – \$169 (used in 3 months) • 5 Class Pass – \$89 (used in 2 months)