

## NEWS & EVENTS

### FREE COMMUNITY FILM NIGHTS @ YOGA FLOW

Wednesday, February 1 at 7:00pm

#### **YOGA IS**

a film about the transformational power of YOGA

Film is 62 minutes followed by short discussion.

Call or e-mail to reserve a spot.

Wednesday, February 29 at 7:00pm

#### **MARION WOODMAN:**

#### **Dancing in the Flames**

A powerful and insightful film exploring the life of renowned Jungian analyst Marion Woodman, celebrated for her work on feminine psychology and addiction.

She explores the mystery of the soul's journey and holds wisdom to understanding the world's current crisis.

Film is 83 minutes followed by short discussion.

Call or e-mail to reserve a spot.



**january-  
february 2012**

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[www.yogaflowstudio.com](http://www.yogaflowstudio.com)

## DROP-IN CLASSES

The following classes are offered on a drop-in basis. You may purchase a Series pass for these classes, which is valid for 3 months from date of 1st use and can be used for any drop-in class.

Not valid for the SEMESTER classes.

### Mondays

			<u>No Class</u>
9:45-11:15am	Anusara Insp. level 2-3	Lorraine	2/20
11:45-1:00pm	Level 1	Melanie	2/20
6:00-7:15pm	Level 1	Laura	2/20

### Tuesdays

6:00-7:15pm	Ashtanga level 1-2	Karen	2/21
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### Wednesday

9:30-10:45am	Level 1	Barbara	2/22
4:30-5:45pm	Level 1	Melanie	2/22

### Thursday

9:45-11:15am	Anusara Insp. level 2-3	Lorraine	2/23
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### Friday

9:30-10:45am	Vinyasa Flow, level 1	Denise	2/24
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### Saturday

9:00-10:15am	Level 1-2	Stacey	2/25
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### Sunday

8:45-10:00am	Kundalini Yoga	Kuldip	
10:15-11:30am	Level 2	Melanie	
11:45-1:00pm	Level 1	Melanie	

## FALL SEMESTER CLASSES

These classes are in addition to our regular drop-in classes. They are offered as a series of classes only and require pre-registration for the full session. **You must call to drop in (fee \$22 unless noted otherwise). 6 students minimum to run all classes.**

			<u>No Class</u>
<b>8 Mondays</b>	<b>Jan 31 – March 26</b>	<b>\$160</b>	2/20
4:00-4:45pm	Kids Yoga	Maria	
<b>7 Mondays</b>	<b>Jan 9 – Feb 27</b>	<b>\$140</b>	2/20
7:30-8:45pm	Yoga Motion	Sharon	
<b>6 Tuesdays</b>	<b>Jan 3 – Feb 28</b>	<b>\$150</b>	1/17 & 24, 2/21
noon-1:35pm	Anusara Insp. Fundamentals	Lorraine	

## CLASS FEES

Single class \$18

Semester Class drop-in \$22

5-class series \$85

10-class series \$160

20-class series \$280

3 classes for new students \$30 (cannot be shared!)

Unlimited classes for 2 months for all students \$250

Private Yoga \$100 / Yoga Therapy \$100

Initial Evaluation PT/Yoga therapy \$120