



Mind/Body

12-2011



SUNDAY	FRIDAY
9:30 - 11 AM Vinyasa Studio 1 Anne	9:30 - 10:45 AM Hatha Yoga Studio 1 Anne

YOGA VOUCHERS

Purchase vouchers at Member Services Desk or Main Reception Desk before every class. Voucher must be given to instructor for enrollment verification.

	Member
• Drop In Rate: (per class)	\$10
• 5 Classes	\$40
• 10 Classes	\$70
• 20 Classes	\$135
• 50 Classes	\$299

Vinyasa - A system of Yoga that emphasizes the connection between movement and breath. This fun and inspiring practice is composed of a challenging sequence of postures that emphasizes strength and flexibility, while working to focus and calm the mind. It is especially well suited for active people that are looking for a workout. (Some Yoga experience is recommended)

Hatha Yoga - This 75 minute practice is specifically designed to deliver total health through balancing & strengthening of every system in the body in order to prevent illness, injury and limit the effects of aging. (All levels, beginners welcome)

Prepare for Yoga: Do not eat before class. Yoga is performed barefoot. Wear comfortable stretchy clothing and bring your own mat if possible (mats are available for use) and a full water bottle. Please inform instructor BEFORE CLASS if you have any medical conditions or are pregnant, so that poses can be modified. Cell phones must be turned off.

Minimum 4 participants per class. We reserve the right to cancel or reschedule classes.



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