



YOGA SCHEDULE

Class Sessions for 2012

Winter Session

January 9 – March 10

Spring Session

March 12-May 12

Summer Session

May 14-July 28

NO CLASS: May 26-June 1

NO CLASS: June 30-July 6

Back to School Session

July 30-October 6

NO CLASS: Sept 1-Sept 7

Fall Session

October 8– December 15

NO CLASS: Nov 19-23

PRICING-

\$150 one class/week 9 weeks M-Th.

\$20 Drop-in

\$90 one class/week Fri. or Sat.

\$10 Drop-in Fri or Sat

\$5 Drop in Fri or Sat with any other

9 week enrollment.

\$70 Private yoga session, one student

\$85 Private yoga session two students

\$90 Private yoga session three students

\$75 Massage with Becky

\$75 Craniosacral Therapy with Becky

\$100 Initial two hour Ayurvedic

Consult with Liz

\$50 Each additional hour of Ayurvedic

Consultation

MON	9:30-11A Morning Stretch with Becky 4:30-6 P Vinyasa with Becky
TUE	8:30-10A Ayurvedic Yoga with Liz 5:30-7 P Beyond Basics with Becky
WED	8:30-10A Vinyasa with Becky 5:30-7P Basics with Becky
THU	5:30-7P Beyond Basics with Becky
FRI	4:30-6P Happy Hour with Liz
SAT	8:30-10A Weekend Balance: Becky and Liz alternate teaching these classes

Becky offers private yoga lessons and massage Call 334-409-9642 to make an appointment.

Liz offers private yoga lessons and Ayurvedic consults. Call 334-202-2305 to make an appointment.