

yoga schedule:
may-august 22, 2009



205 windward avenue, shell beach
yogashalaslo.com 805.556.0413

MAY-AUGUST 22, 2009 SCHEDULE

MONDAY - SEE WEBSITE FOR BEGINNER SERIES DATES

6:00-7:15pm Beginner Series** Catherine

TUESDAY

9:00-10:30am All Levels Yoga Shelley

4:30-5:45pm Shadow Series* Catherine

6:00-7:15 pm Beginner Yoga Catherine

WEDNESDAY

7:00-8:15am Shadow Yoga Catherine

8:30-10:00am Beginner Yoga Catherine

4:30-5:45pm Intro Shadow Series* Catherine

6:00-7:15pm Yoga Basics Series* Shelley

THURSDAY

9:00-10:30am Beginner Yoga Shelley

4:30-5:45pm Shadow Series* Catherine

SATURDAY

7:00-8:30am All Levels Yoga Catherine

Please see website for series dates:

***Intro to Shadow Yoga Series \$90** 6 week series

***Shadow Yoga Series \$150** 10 week series

***Yoga Basics Series \$60** 5 week series

***Beginner Yoga Series \$60** 5 week series

Prices: Yoga **\$12/class**, Shadow Yoga **\$15/class**

must have shadow exp. to drop in

Class cards: 5x-\$60, 10x-\$120 (3 mo. exp for all class cards)

check www.yogashalaslo.com for updates & holidays

SPECIAL EVENTS: *check website for added events*

Summer Shadow Yoga Intensive

June 22-29, \$75 must have shadow exp.

Yoga, Meditation & Live Music - Shelley, Chris Brenne

June 10, \$20, 6-7:30pm

Beginner Yoga Series has moved to Monday

**SUMMER BREAK:
NO CLASSES AUG 23-SEPT 14**