

yogashala



Yoga Schedule: May-August 2010



205 Windward Avenue, Shell Beach
yogashalaslo.com 805.556.0413

MAY - AUGUST 2010 SCHEDULE

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 | Shelley |

THURSDAY

| | | |
|--------------|----------------------|-----------|
| 9:00-10:30am | Beginner Yoga | Shelley |
| 4:30-5:45pm | Shadow Series* | Catherine |
| 6:00-7:15pm | Intro Shadow Series* | Catherine |

SATURDAY

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

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

must have shadow exp. to drop in

Class cards: 5x-\$50, 10x-\$120 (3 mo. exp for all class cards)

Please see website for series dates:

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

*Shadow Yoga Series \$120 8 week series

check www.yogashalaslo.com for updates & holidays

SPECIAL EVENTS: check website for added events

Summer Shadow Yoga Intensive

August 2-6, \$75

STUDIO ADDRESS

205 WINDWARD AVE, SHELL BEACH

805.556.0413

WWW.YOGASHALASLO.COM

yogashala mailing: po box 3110, shell beach, ca 93448