

yogashala
shell beach



YOGA CLASSES

205 Windward Avenue, Shell Beach
www.yogashalaslo.com 805.556.0413

SEPT-DECEMBER 2011 SCHEDULE

TUESDAY

9:00-10:30am	Intro Shadow Series*	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
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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)

Please see website for series dates:

*Intro to Yoga, *Intro to Shadow Yoga Series

*Shadow Yoga Series

check www.yogashalaslo.com for updates & holidays

Emma Balazs Workshop Introduction to Nata Yoga
November 3-5, 2011

STUDIO ADDRESS

205 WINDWARD AVE, SHELL BEACH
805.556.0413
WWW.YOGASHALASLO.COM



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