



205 Windward Ave. | Shell Beach

Yoga Schedule Summer May-Aug

Tuesday

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

Wednesday

7-8:15am	Shadow Yoga	Catherine
8:30-10am	Beginner Yoga	Catherine
5-6:30pm	Yin Yoga - Beginner	Shelley

Thursday

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

Saturday

7-8:30am	All Levels Yoga	Catherine
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Scott Blossom workshop Yoga & Ayurveda August 8-10

Prices:

Yoga \$12/class

Shadow Yoga \$15 *must have shadow exp. to drop in.*

Class Cards— *all class cards 3 month expiration date.*

5x \$60

10x... \$120

SERIES CLASSES

* Shadow Series \$120

*Beginner Series \$60

Tues 5/27 - 7/15

Thurs 5/1- 5/29

Thurs 5/29 - 7/17

Thurs 6/12- 7/10

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805.556.0413 www.yogashalaslo.com