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For more class info!



**September  
2008**

*Variyoga • Tai Chi • Meditation • Massage*

<b>Mondays</b>	9:00 - 10:30am	<b>Level 1-2 Yoga</b>	Bryan Fowler
	4:00 - 5:00pm	<b>Level 1-2</b>	Charlotte Ray
	5:30 - 7:00pm	<b>Level 1-3 Yoga</b>	Bryan Fowler
	7:30 - 8:30pm	<b>*Zen Meditation</b>	Jack McDowell
<b>Tuesdays</b>	9:00 - 10:30am	<b>Level 1-2 Yoga</b>	Andrea Fournet
	11:00 - 12:30pm	<b>Gentle Yoga</b>	Linda O'Connell
	5:30 - 7:00pm	<b>Level 2-3 Yoga</b>	Andrea Fournet
	7:30 - 9:00pm	<b>Level 1-2 Yoga</b>	Mona Jones
<b>Wednesdays</b>	9:00 - 10:30am	<b>Level 1-2</b>	Elaine Thomas
	5:00 - 6:00pm	<b>Level 2-3 Yoga Flow</b>	Meredith Fields
	6:30-- 8:00pm	<b>Level 1-3 Yoga</b>	Kristin Loman
	<i>New series starting Sept. 3rd</i> 7:00 - 8:00pm	<b>*Pre Natal Yoga-4 Weeks</b>	Jimmye Whitfield
<b>Thursdays</b>	9:00 - 10:30am	<b>Level 2-3 Yoga</b>	Andrea Fournet
	<i>Starting Sept. 4th</i> 11:00 - 12:30pm	<b>Gentle Yoga</b>	Linda O. / Judy P.
	6:00 - 7:15 pm	<b>Level 3-4 Yoga Flow</b>	Andrea Fournet
	7:30- 8:30pm	<b>*Buddhist Meditation</b>	Geoff O. / Josh N.
<b>Fridays</b>	9:00 - 10:30am	<b>Level 1-2 Yoga</b>	Charlotte Ray
<b>Saturdays</b>	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Jimmye Whitfield
	10:30 - 11:30am	<b>T'ai Chi For Beginners</b>	Terry Condren
<b>Sundays</b>	3:30 - 4:45pm	<b>Level 1-2 Yoga</b>	Bryan Fowler
	5:15 - 6:30pm	<b>Level 2-3 Yoga</b>	Bryan Fowler

### Rates and Options

**Class Cards good for all open classes •**

Purchase Class cards at **\$48/4 sessions**, **\$55/5 sessions**, **\$100/10 sessions**, **\$125/Unlimited-30 Days**  
4 Session card good for 2 months, 5 session card good for 3 months, 10 session card good for 6 months, Unlimited good for 30 days [one card per person]

**\*Special Series Priced Separately • Buddhist Meditation open to all at no charge • Zen by donation**  
**Visit [www.aryoga.com](http://www.aryoga.com) for special series pricing and registration information**

**\$15 Drop-in fee**

*Blankets, Blocks, Straps and Bolsters Provided. Please bring your own mat.*

**Mat Rental \$1**

**Private Sessions Available**

**Front Desk Hours: Monday - Friday 8:30am-12:30pm**

For more information, visit our website at [www.aryoga.com](http://www.aryoga.com) or call **479-521-YOGA (9642)**

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