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**March  
2010**

*Variyoga • Tai Chi • Meditation • Massage*

<b>Mondays</b>	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Bryan Fowler	
	12:00-1:00pm	<b>Level 2-4 Power Flow</b>	Nicole Olmstead	
	5:30 - 6:45pm	<b>Level 1-3 Yoga</b>	Bryan Fowler	
	New Series Starts March 1st	5:45 - 6:45pm	<b>Intro to Yoga</b>	Various
	7:15 - 8:15pm	<b>*Zen Meditation</b>	Jack McDowell	
<b>Tuesdays</b>	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Andrea Fournet	
	11:00 - 12:15pm	<b>Gentle Yoga</b>	Linda O'Connell	
	5:30 - 6:45pm	<b>Level 2-3 Yoga</b>	Andrea Fournet	
	7:15 - 8:30pm	<b>Level 1-2 Yoga</b>	Morgan Armstrong	
<b>Wednesdays</b>	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Stephani Jungmeyer	
	12:00-1:00pm	<b>Level 2-4 Power Flow</b>	Nicole Olmstead	
	6:00-7:15pm	<b>Level 1-3 Yoga</b>	Kristin Loman	
	7:30- 8:30pm	<b>T'ai Chi-Yang Form</b>	Terry Condren	
<b>Thursdays</b>	9:00 - 10:15am	<b>Level 2-3 Yoga</b>	Andrea Fournet	
	11:00-12:15pm	<b>Gentle Yoga</b>	Linda O. / Jimmie T.	
	5:30 - 6:45pm	<b>Level 2-4 Power Flow</b>	Nicole Olmstead	
	New Series Starts March 4th	7:00-8:00pm	<b>*Pre Natal Yoga—4 Weeks</b>	Susan Porter
	7:30 - 8:30pm	<b>*Buddhist Meditation</b>	Geoff O. / Josh N.	
<b>Fridays</b>	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Charlotte Ray	
	5:30 - 6:45 pm	<b>All levels welcome</b>	Morgan Armstrong	
<b>Saturdays</b>	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Jimmye Whitfield	
	10:30 - 11:30 am	<b>T'ai Chi For Beginners</b>	Terry Condren	
<b>Sundays</b>	1:00 - 2:00 pm	<b>Level 2-4 Power Flow</b>	Nicole Olmstead	
	3:30 - 4:45pm	<b>Level 1-2 Yoga</b>	Andrea Fournet	
	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 \$52/4 sessions, \$60/5 sessions, \$110/10 sessions, \$130/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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