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October
2011

VariYoga • Tai Chi • Meditation • Massage

Sunday	1:00 - 2:00	Hot VariYoga	Various Instructors
	3:30 - 4:30pm	Level 1-3 Deep Stretch Yoga	Marilyn Swartwood
	3:30 - 4:45pm	Level 1-2 Yoga	Bryan Fowler
	5:15 - 6:30pm	Level 2-3 Yoga	Bryan Fowler
Monday	9:00 - 10:15am	Level 1-2 Yoga	Bryan Fowler
	12:00 - 1:00pm	Power Flow (Hot enough!)	Nicole Olmstead
	5:30 - 6:45pm	Level 1-3 Yoga	Bryan Fowler
	7:15 - 8:30pm	*Intro to Yoga	Various Instructors
<i>Oct. series begins Oct. 3rd</i>			
Tuesday	9:00 - 10:15am	Level 1-2 Yoga	Andrea Fournet
	11:00 - 12:15pm	Gentle Yoga	Linda O'Connell
	5:30 - 6:45pm	Level 2-3 Yoga	Andrea F. / Amy G.
	7:15 - 8:30pm	*Intro to Yoga	Various Instructors
<i>Oct. series begins Oct. 4th</i>			
Wednesday	9:00 - 10:15am	Level 1-2 Yoga	Nicole Olmstead
	12:00 - 1:00pm	Power Flow (Hot enough!)	Nicole Olmstead
	4:00 - 5:00pm	Stress Relief Yoga	Amy Graves
	6:00 - 7:15pm	Level 1-3 Yoga	Kristin Loman
	7:15 - 8:30pm	Level 1-2 Yoga	Jessica Minton
	7:30 - 8:30 pm	T'ai Chi Yang Form	Terry Condren
Thursday	9:00 - 10:15am	Level 2-3 Yoga	Andrea F. / Suzy M.
	11:00 - 12:15pm	Gentle Yoga	Linda O. / Jimmie T.
	5:30 - 6:45pm	Level 1-3 Power Flow	Amy Graves
	7:00 - 8:00pm	Pre Natal Yoga	Susan Porter
	7:30 - 8:30pm	Buddhist Meditation	Geoff O. / Josh N.
Friday	9:00 - 10:15am	Level 1-2 Yoga	Charlotte Ray
	10:30 - 11:30am	Power Flow (Hot enough!)	Nicole Olmstead
Saturday	9:00 - 10:15am	Level 1-2 Yoga	Jimmye Whitfield
	10:30 - 11:30 am	T'ai Chi For Beginners	Terry Condren

Rates and Options

Class Cards good for all open classes •

Purchase Class cards at \$65/5 sessions, \$110/10 sessions, \$130/Unlimited-30 Days
5 session card good for 6 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 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

Front Desk Hours Monday-Friday 8:30am-12:30pm, Monday & Wednesday 4:30-7:30pm, Saturday 8:30-10:30am

For more information, visit our website at www.aryoga.com or call 479-521-YOGA (9642)

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