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November
2010

VariYoga • Tai Chi • Meditation • Massage

Mondays	9:00 - 10:15am	Level 1-2 Yoga	Bryan Fowler
	1:00-2:00pm	Level 2-4 Power Flow	Nicole Olmstead
	3:30 - 4:30pm	Level 1- 2 Yoga	Jill Buckle
	5:30 - 6:45pm	Level 1-3 Yoga	Bryan Fowler
	<i>November Series starts Nov. 1</i>	7:15 - 8:15pm	Intro to Yoga
	7:15 - 8:15pm	*Zen Meditation (upstairs)	Jack McDowell
Tuesdays	9:00 - 10:15am	Level 1-2 Yoga	Andrea Fournet
	11:00 - 12:15pm	Gentle Yoga	Linda O'Connell
	1:00 - 2:00pm	Level 1-3 Yoga	Arianna Gaesswitz
	5:30 - 6:45pm	Level 2-3 Yoga	Andrea Fournet
	7:15 - 8:30pm	Level 1-3Yoga	Morgan Armstrong
Wednesdays	9:00 - 10:15am	Level 1-2 Yoga	Stephani Jungmeyer
	1:00-2:00pm	Level 2-4 Power Flow	Nicole Olmstead
	6:00-7:15pm	Level 1-3 Yoga	Kristin Loman
	7:30- 8:30pm	T'ai Chi-Yang Form	Terry Condren
Thursdays	6:00 - 7:00am	All levels welcome	Amy Graves
	9:00 - 10:15am	Level 2-3 Yoga	Andrea Fournet
	11:00-12:15pm	Gentle Yoga	Linda O. /Jimmie T.
	1:00 - 2:00pm	Level 1-3 Yoga	Arianna Gaesswitz
	5:30 - 6:45pm	Level 1-3 Yoga	Nicole Olmstead
	<i>November Series starts Nov. 4</i>	7:00-8:00pm	*Pre Natal Yoga—3 Weeks
	7:30 - 8:30pm	*Buddhist Meditation	Geoff O. / Josh N.
Fridays	9:00 - 10:15am	Level 1-2 Yoga	Charlotte Ray
	5:30 - 6:45 pm	All levels welcome	Morgan Armstrong
Saturdays	9:00 - 10:15am	Level 1-2 Yoga	Jimmye Whitfield
	10:30 - 11:30 am	T'ai Chi For Beginners	Terry Condren
Sundays	1:00 - 2:00 pm	Level 2-4 Power Flow	Nicole Olmstead
	3:30 - 4:45pm	Level 1-2 Yoga	Bryan Fowler
	5:15 - 6:30pm	Level 2-3 Yoga	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 for special series pricing and registration information

\$15 Drop-in fee

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

Front Desk Hours Monday-Friday 8:30am-12:30pm & 4pm-7pm

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

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