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March  
2011

VariYoga • Tai Chi • Meditation • Massage

<b>Mondays</b>	9:00 - 10:15am	<b>Level 1-2 Yoga</b>	Bryan Fowler
	1:00 - 2:00pm	<b>Level 2-4 Power Flow</b>	Nicole Olmstead
	5:30 - 6:45pm	<b>Level 1-3 Yoga</b>	Bryan Fowler
	<i>March Series Starts March 7th</i> <i>New Class!!! Begins March 7th</i>	7:15 - 8:30pm 7:15 - 8:30pm	<b>*Intro to Yoga</b> <b>Gentle Yoga</b>
<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
	4:00 - 5:00pm	<b>Deep Stretch Yoga</b>	Susan Porter
	5:30 - 6:45pm	<b>Level 2-3 Yoga</b>	Andrea Fournet
	7:15 - 8:30pm	<b>Level 1-3 Yoga</b>	Jill Buckle
<b>Wednesdays</b>	9:00 - 10:15am	<b>Level 2-3 Yoga</b>	Stephani Jungmeyer
	1:00 - 2:00pm	<b>Level 2-4 Power Flow</b>	Nicole Olmstead
	4:00 - 5:00pm	<b>Level 1-3 Yoga</b>	Jill Buckle
	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>	5:30 - 6:30am	<b>Level 1-3 Yoga</b>	Amy Graves
	9:00 - 10:15am	<b>Level 2-3 Yoga</b>	Andrea F. / Suzy M.
	11:00 - 12:15pm	<b>Gentle Yoga</b>	Linda O. / Jimmie T.
	1:00 - 2:00pm	<b>Level 2-3 Yoga</b>	Arianna Gaesswitz
	5:30 - 6:45pm	<b>Level 1-3 Yoga</b>	Nicole Olmstead
	<i>March Series Starts March 3rd</i>	7:00 - 8:00pm 7:30 - 8:30pm	<b>*Pre Natal Yoga—4 Weeks</b> <b>Buddhist Meditation</b>
<b>Fridays</b>	9:00 - 10:15am	<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 - 11:30 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 O. / Arianna G.
	1:00 - 2:00 pm	<b>Deep Stretch Yoga</b>	Marilyn Swartwood
	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 \$56/4 sessions, \$65/5 sessions, \$110/10 sessions, \$130/Unlimited-30 Days  
4 Session card good for 6 months, 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](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**

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

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

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