



VariYoga • Tai Chi

Meditation • Massage

ARKANSAS YOGA CENTER
 WWW.ARYOGA.COM

<u>Sunday</u>	1:00 - 2:15pm 3:30 - 4:45pm 4:00 - 5:15pm 5:15 - 6:30pm	Flow Yoga (all levels) Level 1-2 Yoga Level 1-3 Deep Stretch Yoga Level 2-3 Yoga	Various Instructors Caleb Scott Marilyn Swartwood Andrea Fournet
<u>Monday</u>	9:00 - 10:15am 10:30 - 11:45am 12:00 - 1:00pm 5:45 - 7:00pm 6:00 - 7:15pm	Level 1-2 Yoga Gentle Yoga Flow Yoga (all levels) Gentle Evening Yoga Level 1-3 Yoga	Nee Karas Jimmie Thomas Nicole Olmstead Lisa Longino Kristin Loman
<u>Tuesday</u>	5:45 - 6:45am 9:00 - 10:15am 10:30 - 11:45am 1:30 - 2:30pm 5:45 - 7:00pm 5:45 - 7:00pm 7:15 - 8:30pm	Early Morning Power Hour Flow Level 1-2 Yoga Gentle Yoga Sun T'ai Chi Level 2-3 Yoga Kundalini Yoga Level 2-3 Level 1 - 2 Yoga	Lynnlee Hutchison Andrea Fournet Linda O'Connell Ed Hogan Andrea Fournet Jimmie Whitfield Lindsay Hutton
<u>Wednesday</u>	9:00 - 10:15am 10:30 - 11:45am 12:00 - 1:00pm 5:45 - 7:00pm 6:00 - 7:15pm	Level 1-2 Yoga Gentle Yoga Flow Yoga (all levels) Gentle Evening Yoga Level 1-3 Yoga	Nicole Olmstead Susan Porter Nicole Olmstead Lisa Longino Kristin Loman
<u>Thursday</u>	5:45—6:45am 9:00 - 10:15am 10:30 - 11:45am 5:45 - 7:00pm 6:00 - 7:15pm 7:30 - 8:30pm	Early Morning Power Hour Flow Level 2-3 Yoga Gentle Yoga Level 1-2 Yoga Flow Yoga (all levels) Buddhist Meditation	Lynnlee Hutchison Andrea F./Suzy M. Linda O. / Marilyn S. Susan Porter Various Instructors Geoff O. / Josh N.
<u>Friday</u>	9:00 - 10:15am 12:00 - 1:00pm 6:00— 7:00pm	Level 1-2 Yoga Flow Yoga (all levels) Healthy Happy Hour Yoga	Charlotte Ray Nee Karas Various Instructors
<u>Saturday</u>	9:00 - 10:15am 10:30 - 11:30 am	Kundalini Yoga Level 2-3 T'ai Chi For Beginners	Jimmye Whitfield Terry Condren

Front Desk Hours Monday-Friday 8:30am-12:30pm and Saturday 8:30-10:30am

NEW STUDENT OFFER 30 DAYS FOR \$39

\$70/5 classes, \$130/10 classes, \$140/Unlimited-30 Days

5 session good for 1 year, 10 session good for 1 year, Unlimited good for 30 days [one per person]

Auto Renew **\$69: Amazing Monthly Unlimited OR \$120:10-Class Pass** [good for one year]

\$16 Drop-in fee • *Buddhist Meditation open to all at no charge*