

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		New Year's Day 9:30am Basics 11am Restorative Noon 108 Sun Salutations \$10	2 Trigger Point Therapy 1-2pm <u>FREE</u>	3 Reiki Energy Healing 3-4pm \$20	4 Sufi Meditation 7:15pm \$10	5 Chakra , Yin Yoga & Reiki Experience 6pm \$35
6 Anxiety & Depression Seminar 1:30pm <u>FREE</u>	7 KIDS YOGA 4:30pm \$10 1st Monday of the Month	8	9	10 Reiki Energy Healing 3-4pm \$20	11	12 Kundalini 6-7:15pm \$15 or class pass
13 Essential Oil Make & Take 2-3:30pm \$15	14	15	16 Intro to Hypnotherapy 7:15pm <u>FREE</u>	17 Reiki Energy Healing 3-4pm \$20	18 Family Yoga 7pm \$10	19
20	21	22	23	24 Reiki Energy Healing 3-4pm \$20	25 WOMEN'S WEEKEND KICK OFF! 1/25-27 \$375	26 Late Night Yoga 8:30-9:30pm \$5
27	28	29	30	31 Reiki Energy Healing 3-4pm \$20		

PRICING:

ONE MONTH Unlimited "Try Us Out" pass, \$50

1-class drop-in \$15; Teachers, Seniors, Students, Military Service \$10

1-Month unlimited pass/\$125; 2-month unlimited pass/ \$172+ 4 GUEST PASSES

1-Month unlimited pass, Teacher, Student, Senior, Military Service, \$75

Class Packages: 4-class/\$56; 8-class/\$98; 16-class/\$175 *Packages may be shared and expire in 1 year.

Visitor's 1-week unlimited/\$65; Visitor's 2-week unlimited/\$75 **New to Yoga: 6 sessions/\$59**

****GIFT CERTIFICATES for Yoga Always a GREAT GIFT!
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