

# YOGA INLET

dissolve stress~breathe easy~move freely

Jan-May 2010

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
9:00am	YOGA on the BALL Linda	TAI CHI QIGONG Jan	SVAROOPA® YOGA El	SVAROOPA® YOGA Jody		SVAROOPA® YOGA Linda	SVAROOPA® YOGA El
11:00am	SVAROOPA® YOGA Linda				<b>Class Fee Information</b> <i>The classes listed on this schedule are held weekly through the time period indicated. Yoga classes are 90 minutes; Tai Chi Classes are 75 minutes. Students participate in any or all classes using their class card. All cards are valid for 3 months. Rebate is given if card is used within 10 weeks.</i>  Yoga Class Cards 5 Classes.....\$ 89.00 10 classes.....\$159.00 20 classes.....\$299.00  Tai Chi Class Cards 5 classes .....\$ 55.00  Single Yoga Class: \$20 Single Tai Chi Class: \$15		
5:30pm	SVAROOPA® YOGA <i>for Back care</i> Linda	5:45 pm TAI CHI QIGONG Jan	SVAROOPA® YOGA Linda	SVAROOPA® YOGA Jody			
7:30pm		SVAROOPA® YOGA Linda	TAI CHI/ QIGONG Jan				



**Additional Services by Appointment:**

SVAROOPA® YOGA Therapy~ SVAROOPA® YOGA Personal Practice Mentoring~ Embodiment® Therapy  
 Ayurvedic Consultation ~ Ayurvedic Seasonal Therapies ~ Ayurvedic Personal Cooking Support