

YOGA INLET



TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
9:00am	YOGA on the BALL Linda	TAI CHI QIGONG Jan	SVAROOPA® YOGA El	SVAROOPA® YOGA Ilene		SVAROOPA® YOGA Linda	SVAROOPA® YOGA El
11:00am	SVAROOPA® YOGA Linda		DEEPER SVAROOPA® YOGA El	Kids YOGA Linda & Jody 6/17, 6/24, 7/1 7/8, 7/15		Beginning Svaroopaa Yoga Series Linda & Ilene July 3,10,17	Deeper Yoga 7/18, 10/17, 12/12 YOGA ALIVE! 6/27,8/29, 9/26, 11/28
5:30pm	SVAROOPA® YOGA <i>for Back care</i>	5:45 pm TAI CHI QIGONG	SVAROOPA® YOGA Linda	BASIC SVAROOPA® YOGA Ilene			
7:30pm		SVAROOPA® YOGA Linda	TAI CHI/ QIGONG Jan				

Fees: Adult YOGA 5 Classes \$ 89.00 10 classes \$159.00 20 classes \$299.00 Teens/Kids 5 classes \$55.00 Deeper Yoga 5 classes \$125.00 Tai Chi Class Cards 5 classes \$ 55.00

Additional Services by Appointment: SVAROOPA® YOGA Therapy~ SVAROOPA® YOGA Personal Practice Mentoring Embodiment® Therapy Ayurvedic Consultation ~ Ayurvedic Seasonal Therapies ~ Ayurvedic Cooking Classes

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