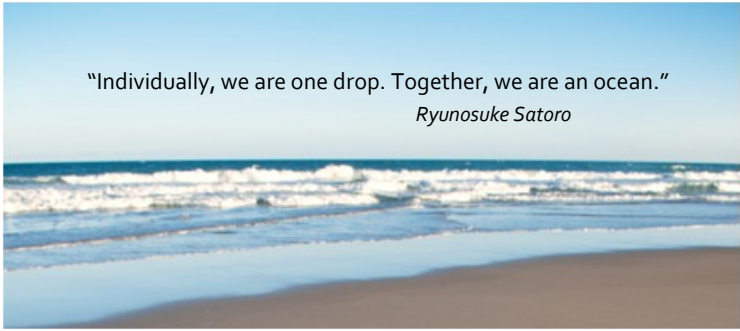


# 2012 class schedule

Effective: January - March 2012

| Time    | Mon  | Tues                                    | Wed                                     | Thurs  | Fri   | Sat                                     | Sun                                     |
|---------|--|---|---|--|---|---|---|
| 9:00am  | Strength & Balance<br>Hatha Yoga<br>Mary Ann | Tai Chi/Qigong<br>Jan G                 | Continuing<br>Svaroopa® Yoga<br>Ellen R | Continuing<br>Svaroopa® Yoga<br>Ilene F        | Strength & Balance<br>Hatha Yoga<br>Mary Ann C                                      | Continuing<br>Svaroopa® Yoga<br>Linda R | Continuing<br>Svaroopa® Yoga<br>Ellen R |
| 11:00am | Continuing<br>Svaroopa® Yoga<br>Linda R      |   | Gentle<br>Svaroopa® Yoga<br>Ellen R     |  |   |   |   |
| 5:30pm  | Continuing<br>Svaroopa® Yoga<br>Ilene F      | Tai Chi/Qigong<br>Jan G                 | Continuing<br>Svaroopa® Yoga<br>Linda R | Strength & Balance<br>Hatha Yoga<br>Mary Ann C |  |   |   |
| 7:30pm  |  | Continuing<br>Svaroopa® Yoga<br>Linda R | Tai Chi/Qigong<br>Jan G                 |  |   |   |   |

From the moment you walk through our door, you'll feel the peaceful nature of our space.

Student of all levels come to YOGA INLET to reset, refresh and realize their true potential. When your busy life pushes your body into overdrive, your yoga will help you put on the brakes. You'll learn to calm and focus yourself, strengthen your body and balance your nervous system by letting go from the INSIDE.

Allow our expert teachers to help you refine your body with precision alignment, while balancing your new flexibility with strength. You'll build stamina and endurance using active and passive poses, gentle breathing practices. Feel integrated after experiencing our guided deep relaxations at the end of each session.

Our teachers are known for their authentic expression, knowledgeable teaching and commitment to empowering and transforming their students. We're here to support you every step of the way.

Call today 610-376-2881

## Yoga Class Fees

5 classes.....\$ 89.00  
10 classes....\$159.00  
20 classes....\$299.00

Drop in: \$20.00

## TaiChi/Qigong Fees

6 classes.....\$66.00  
Drop In: \$15.00

