



Yoga Schedule: Jan-April 2012



JANUARY-APRIL 2012 SCHEDULE

TUESDAY

9:00-10:30am	Intro Shadow Series*	Shelley
4:30-5:45pm	Shadow Series*	Catherine
6:00-7:15 pm	Beginner Yoga	Catherine

WEDNESDAY

7:00-8:15am	Shadow Yoga	Catherine
8:30-10:00am	Beginner Yoga	Catherine
4:30-5:45pm	Intro Shadow Series*	Catherine
6:00-7:15pm	Yoga Basics	Shelley

THURSDAY

9:00-10:30am	Beginner Yoga	Shelley
4:30-5:45pm	Shadow Series*	Catherine
6:00-7:15pm	Intro Shadow Series*	Catherine

SATURDAY

7:00-8:30am	All Levels Yoga	Catherine
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Prices: Yoga **\$12/class**, *Shadow Yoga \$15/class*
must have shadow exp. to drop in
Class cards: 5x-\$60, 10x-\$120 (3 mo., exp for all class cards)

Please see website for series dates:

***Intro to Yoga, *Intro to Shadow Yoga Series**

***Shadow Yoga Series**

Nicaragua Yoga Retreat with Catherine

January 28-February 4, 2012

check www.yogashalaslo.com for updates & holidays

STUDIO ADDRESS

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