

january - april
2010



Tuesday

9-10:30am **All Levels** at Yoga Shala

Wednesday

6-7:15am **Hatha Yoga Series** at Body Therapy Center

6-7:15pm **Yoga Basics** at Yoga Shala

Thursday

9-10:30am **Beginner Yoga** at Yoga Shala

5:30-6:45pm **Relax & Renew Series** at Private Studio

Friday

5:45-6:45am **Beginner Yoga** at Los Osos Fitness

Sunday

9-10:30am **Yoga Gently Series** at Body Therapy Center

SERIES CLASSES & PRICES

Hatha Yoga Wed – 7 wks - \$90 drop-in \$15

Relax & Renew Thu – 7 wks - \$90 drop-in \$15

Yoga Gently Sun – 7 wks - \$90 drop-in \$15

TASSAJARA YOGA RETREAT

June 6 – 10, 2010 www.into-balance.com

This RETREAT fills quickly, reserve your space today!

LOCATIONS

Yoga Shala 205 Windward Ave, Shell Beach

Private Studio Los Osos . Call for Directions

Body Therapy Center 2005 9th Street, Suite A, Los Osos

Los Osos Fitness 1008 Los Osos Valley Rd, Los Osos

805.441.4003

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*Please visit website for series dates, class descriptions,
updates & holiday schedule.*