

**New Classes
Have Begun!**
Visit aryoga.com
For more class info!



**Spring
2008**

Variyoga • Tai Chi • Meditation • Massage

Mondays	9:00 - 10:30am	Level 1-2 Yoga	Bryan Fowler	
	4:00 - 5:00pm	Level 1-2	Charlotte Ray	
	5:30 - 7:00pm	Level 1-3 Yoga	Bryan Fowler	
	<i>April FULL - Sign up for May</i>	6:00 - 7:00pm	*Intro to Yoga	Various Teachers
		7:30 - 8:30pm	*Zen Meditation	Jack McDowell
Tuesdays	9:00 - 10:30am	Level 1-2 Yoga	Andrea Fournet	
	11:00 - 12:30pm	Gentle Yoga	Linda O'Connell	
	5:30 - 7:00pm	Level 2-3 Yoga	Andrea Fournet	
	7:30 - 9:00pm	Level 1-2 Yoga	Mona Jones	
Wednesdays	9:00 - 10:30am	Level 1-2	Mona Jones	
	5:00 - 6:00pm	Power Flow Yoga	Meredith Fields	
	6:30-- 8:00pm	Level 1-3 Yoga	Andrea F. / Kristin L.	
	<i>New series starting April 23rd</i>	7:00 - 8:00pm	*Pre Natal Yoga-5 Weeks	Jimmye Whitfield
Thursdays	9:00 - 10:30am	Level 2-3 Yoga	Andrea Fournet	
	<i>Canceled until Sept.</i>	11:00 - 12:30pm	Gentle Yoga	Linda O. / Judy P.
	6:00 - 7:15 pm	Level 3-4 Yoga Flow	Andrea Fournet	
	7:30- 8:30pm	*Buddhist Meditation	Geoff O. / Josh N.	
Fridays	9:00 - 10:30am	Level 1-2 Yoga	Charlotte Ray	
Saturdays	9:00 - 10:15am	Level 1-2 Yoga	Jimmye Whitfield	
	10:30 - 11:30am	T'ai Chi For Beginners	Terry Condren	
	11:30 - 12:30pm	T'ai Chi Advanced	Terry Condren	
Sundays	3:30 - 4:45pm	Level 1-2 Yoga	Bryan Fowler	
	5:15 - 6:30pm	Level 2-3 Yoga	Bryan Fowler	

Rates and Options

Class Cards good for all open classes •

Purchase Class cards at **\$48/4 sessions**, **\$55/5 sessions**, **\$100/10 sessions**, **\$125/Unlimited-30 Days**
4 Session card good for 2 months, 5 session card good for 3 months, 10 session card good for 6 months, Unlimited good for 30 days [one card per person]

***Special Series Priced Separately • Buddhist Meditation open to all at no charge • Zen by donation**
Visit www.aryoga.com for special series pricing and registration information

\$15 Drop-in fee

Blankets, Blocks, Straps and Bolsters Provided. Please bring your own mat.

Mat Rental \$1

Private Sessions Available

Front Desk Hours: Monday - Friday 8:30am-12:30pm

For more information, visit our website at www.aryoga.com or call 479-521-YOGA (9642)

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