

Class Schedule

September 2011

Fall Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:30am Level 1 & Yoga Therapy <i>Jonathan</i>	Workshops Click here for details.
5:30pm Yoga Therapy <i>Amy</i>		5:30pm All Modalities <i>Kim</i>	6:00pm Yoga <i>Megan</i> <i>(Teacher-in-Training)</i>			
7:00pm* Kundalini Prenatal Yoga <i>Deena</i>						

*All trimesters welcome.

Private sessions by appointment only with Kim.

All Classes run approximately 1-1/4 to 1-1/2 hours. All classes are ongoing so you can join at any time.

Sorry, we are unable to issue refunds or carry-overs for any unused classes.