

Raleigh Yoga Center

www.raleighyoga.com

Spring Class Schedule

April 4 - June 26 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		6-7 am Wake & Re-Awake KIRSTEN		6-7 am Wake & Re-Awake KIRSTEN		
			8 - 9:30 am Slow Flow JILL	8:15-9:45 am Fundamentals BETH		
	10-11:30 am II JANE	10 -11:30 am I JANE		10 -11:30 am II JANE	10 -11:30 am I JANE	
			11:45-12:45 pm Tai Chi ROSS			
	1-2:30 pm Gentle JOANNE					1:00 pm Specialty Classes** (see below)
5-6:30 pm I/II KIRSTEN	5:45-7:15 pm I JANE		5:45-7:15 pm Intro JOANNE			
6:45-8:15 pm Fundamentals KIRSTEN	7:30-8:30 pm Flow JEFF	6:30-8:00 pm I/II JANE	7:30-9 pm I KIRSTEN	6:30-8 pm I JANE		

**Saturday Specialty Classes

- 2nd Saturday FREE Community Class 1.5 hrs Instructors vary
- 3rd Saturday Restorative/Pranayama/Meditation 2 hrs Instructors vary \$25
- 4th Saturday Asana Intensive 3hrs Jane \$35
- Classes are limited to 16 students. Please e-mail (from website) or call to reserve your space
- Community Class and Asana Intensive not appropriate for new beginners or those with health concerns