

# Raleigh Yoga Center

www.raleighyoga.com

## Winter Class Schedule January 2 - March 25 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		6-7 am Wake & Re-Awake KIRSTEN		6-7 am Wake & Re-Awake KIRSTEN		
				8:15-9:45 am Fundamentals  BETH		
	10-11:30 am II  JANE	10-11:30 am I  JANE	10-11:30 am Slow Flow & Deep Stretch LESLIE	10-11:30 am II  JANE	10-11:30 am I  JANE	10-11:00 am Hatha/Flow  JEFF/LESLIE
						1:00 pm Specialty Classes** (see below)
5-6:30 pm I  LAURA	5:45-7:15 pm I  JANE		5:45-7:15 pm Intro  KIRSTEN		5:45-6:45 pm TGIF Yoga  LESLIE	
6:45-8:15 pm Fundamentals  LAURA	7:30-8:30 pm Hatha/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 \$20
- 4th Saturday Asana Intensive 3hrs Jane \$30
- 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

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