

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		
	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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